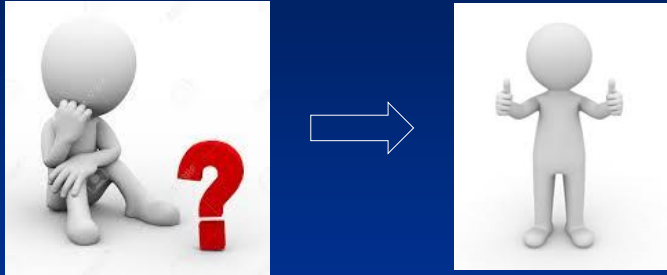


How Do You Get a Positive Attitude? August Exercises



1

Dr. Moskowitz's 7 Positive Attitude Skills

....Northwestern University School of Medicine



Notice Positive Event =>
Say It or Write It



Gratitude
Journal



Note How You Use
Your Strength/Skill



Progress to
A Goal



Change Minor
Stress to A Positive



Small Acts
Of Kindness



"Mindfulness"
Here and Now

2

Refining Dr. Moskowitz's Skills #1 & #2

Notice Positive Event =>
Say It or Write It



Gratitude Journal



Dr. Wong's 100 Gratitude Questions ...University of Indiana

Micro View: #1 - #28:
What is my favorite place in (Osaka)?

Overcoming Adversity View: #62 - #70:
What challenges did I overcome?

Savoring View: #29 - #33:
What do I enjoy about the food I eat?

Macro View: #71 - #91
What gives me meaning in life?

Interpersonal View: #34 - #61:
What do I like about each of my friends?

Culture View: #92 - #100:
What about my
culture am I proud of?

3

Dr. Fredrickson's 8 Positive Attitude Skills

...University of North Carolina



Be Open to Here & Now:
"Mindfulness"



Kindness:
Do Good For
Others



Appreciate Your
Surroundings



Be Real –
Accept Yourself



Learn:
Be Interested
Pay Attention



Progress to
A Goal



Strengthen
Relationships

4



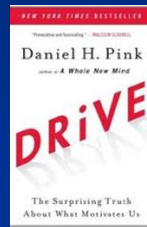
Expanding "Progress to a Goal"

Solution to Procrastination?



Challenge:
Focus on a "bite-sized piece" ...for 30 minutes?

Result: Accomplishment

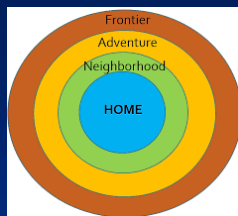


5



Expanding "Progress to A Goal" #2

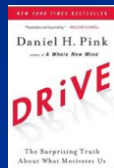
...Comfort Zone ⇔ Courage



=> Accomplishment

=> Confidence

=> Courage



6

Summary: What should you do today? ...this week?



"Mindfulness"



Appreciate (Savor)
Your Surroundings
& Relationships



Accept Yourself



Communicate
Gratitude



Learn,
Be Interested,
Pay Attention



Time & Energy Are Finite



Notice Positive
Event



Progress to
A Goal



This Month?



Respond Constructively



Sleep & Exercise



Do Good For
Others



Gratitude
Journal

Today

This Week

7

Personal Critical Thinking: Summary of Happiness Exercises,



Here & Now =
"Mindfulness"



Appreciate
Relationships.
Surroundings



Communicate
Gratitude



Record Daily
Positive Event



Appreciate what
you control



Gratitude
Journal



Conserve
Time



Conserve
Energy



Learn New
Things



SLEEP



EXERCISE



Be kind
to others



Be Kind,
Accept
Yourself



Respond
Constructively



Resilience:
Setback -> Analyze ->
New Approach



Micro Goals
"To Do List"



Lemonade

8