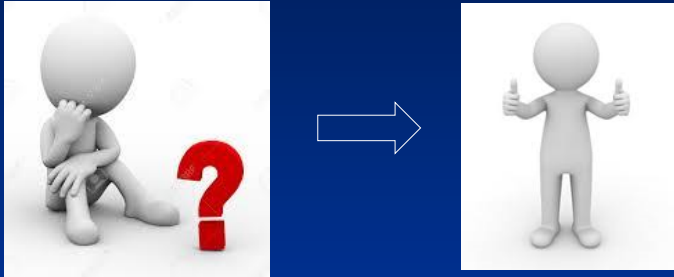


How Do You Get a Positive Attitude? July Exercises



1

Dr. Seligman's 4 Positive Attitude Skills

....University of Pennsylvania

Identify Strengths



- Creativity
- Good Judgement
- Kindness
- Loyalty
- Courage
- Passion/Enthusiasm
- Forgiveness
- Honesty



Finding the Good



Communicate
Gratitude
(in detail)

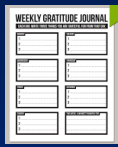


Respond
Constructively

2

Dr. Santos' 6 Positive Attitude Skills

...Yale University



Gratitude Journal



Kindness --
Do Good For
Others



No Social Media --
Be Here and Now
"Mindfulness"



Get Plenty of Exercise & Sleep



Appreciate
(Savor) Your
Surroundings



Strengthen
(Savor) Your
Relationships



Energy and time are finite resources;
conserving them is very important.

3

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



"Mindfulness"



Appreciate (Savor)
Surroundings &
Relationships



Communicate
Gratitude



Time & Energy Are Finite



Gratitude
Journal



This Month?



Respond Constructively



Sleep & Exercise



Do Good For
Others

Today

This Week

4

Personal Critical Thinking: Summary of Happiness Exercises,



Here & Now =
"Mindfulness"



Appreciate
Relationships,
Surroundings



Communicate
Gratitude



Gratitude
Journal



Conserve
Time



Conserve
Energy



Learn New
Things



Be kind
to others



Respond
Constructively



Lemons =>
Lemonade