



Create a Positive Outlook

Benefits of a positive outlook

Ways to Develop a Positive Outlook

- Develop an attitude of gratefulness

Activity: What are you grateful for?

Rate how grateful you feel—circle your score

Not grateful 0 1 2 3 4 5 6 7 8 9 10 Very grateful

Name five large things:

1. _____
2. _____
3. _____
4. _____
5. _____

Name five small things:

1. _____
2. _____
3. _____
4. _____
5. _____

Rerate how grateful you feel—circle your score

Not grateful 0 1 2 3 4 5 6 7 8 9 10 Very grateful

- **Focus on your character strengths**

1. Wisdom and knowledge

2. Courage

3. Humanity

4. Justice

5. Temperance

6. Transcendence

Activity: Identify your character strengths

Write some of the qualities and/or behaviors you exhibit related to each of the character strengths listed above.

Activity: Use your strengths

Think of something you don't like to do. The next time you do the task use your highest strength as you complete it.

Example: If one of your highest character strengths is transcendence, think about how you can find the beauty and excellence in the task.

Task you don't like:

Describe using your highest character strength as you complete the task:

- Use positive reframing

Activity: Positive reframing

Negative

Positive

Attention seeker



Bossy



Finicky



Needy



Outspoken



Procrastinator



Are my thoughts realistic?

Am I keeping things in perspective?

Are these thoughts helpful?

Can I look at this from a different angle?

What can I do to solve the situation?

What can I do to accept the situation?

Take-away: Name one thing you will do today to improve your outlook.

Resources:

- Learned Optimism: How to Change Your Mind and Your Life by Martin E.P. Seligman
- VIA Character Strengths: <http://www.VIAcharacter.org/www/Character-Strengths/VIA-Classification>
- **VIA Survey** to assess character strengths: <http://www.viacharacter.org/www/The-Survey>