

Developing a Positive Mindset



Benefits of a Positive Mindset

Ways to Develop a Positive Mindset

- **Focus on the positive**

Activity: Shift your attention to the good things

Situation that triggered negative thinking

How I can shift it to think more positively

Activity: Stop negative thoughts

Think of an 'I have' situation or challenge:

Now, replace it with an "I get to" statement:

- **Practice gratitude**

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:

Name five small things:

Rerate how grateful you feel—circle your score

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

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

Activity: Gratitude Letter

Think back to an instance when someone did something for you for which you were extremely grateful for, but never showed or expressed your gratitude. Use the outlined below to develop a rough draft of a letter expressing your gratitude.

Person:

Why you are grateful for this person:

How their behavior impacted you:

How you remember their efforts:

- **Examine your thoughts**

Activity: Three affirmations


1. Health:
2. Relationships:
3. Personal growth:


Activity: Positive reframing

Negative

Positive

I've never done it before. 

It's too complicated. 

There's no way it will work. 

It's too much of a change. 

I'm not going to get any better at this. 

For more complicated situation, here are some questions you can ask yourself as you evaluate these challenging situations in your life.

Am I seeing the situation as all or nothing?

Am I predicting the future?

Am I imagining the worst thing that could happen?

Am I ignoring the positive or the potential solutions?

Am I only focused on the problems?

Am I expecting unrealistic results from myself or others?

Think about a difficult or distressing situation. Write down a positive affirmation that you can tell yourself to help get you through it.

Resources:

- My Positive Affirmations: <https://eddincounseling.com/26-positive-affirmations/>
- Gratitude Exercises and Activities: [13 Most Popular Gratitude Exercises & Activities \[2019 Update\] \(positivepsychology.com\)](#)
- Gratitude Letter: [gratitude letter intervention.pdf \(berkeley.edu\)](#)