



SHIFTING INTO POSITIVE GEAR



The Path for Positivity™

Why It's Hard

1. Our brains are wired for survival, so it's natural for us to focus and dwell on anything that could mean danger or be a problem.
2. Negative thoughts and emotions can send us into a downward spiral because they activate our cortisol cycle.
3. Our ability to be positive is significantly affected by our genetics, slightly by our circumstance, and a big chunk by how we think.

Realize We Can Change

4. New studies in neuroplasticity show we can rewire our brains to make it easier for us to override our negative survival instincts and enjoy more positivity and well-being.

Notice Our Thoughts

5. To shift our thinking, we need to notice our current thoughts so we can choose what we focus on.

Practice Tools to Change

6. How can you distract yourself when your cortisol cycle has been triggered?
7. Remember to take several deep breaths when you're feeling stressed or upset to lower your blood pressure and slow your heart rate.
8. Look back on your day and think of 2-3 positive things that have happened. Write them down or share with others.
9. When you notice something good in your day, remember to savor it to help rewire your brain even faster. Savor things in the past or future too.
10. List some ways you could easily add positive moments to your day.
11. At work, consider starting meetings with something positive.
12. Get creative with gratitude. What thing, person, situation, opportunity or even something you don't have that you're grateful for?

Remember to Choose

13. Make a list of ways you can remember to focus on the positive and use these strategies. (ex. Passwords – www.positivepasswords.org, quotes, pictures, bracelet/ring, weekly tips)

Recommended Reading:

- The Happiness Advantage - Shawn Achor
- The How of Happiness – Sonja Lyubomirsky
- The Emotional Tool Kit – Darlene Mininni
- Positivity – Barbara Fredrickson
- Flourish – Martin Seligman

Tina Hallis, Ph.D., is a Professional Speaker and Trainer at The Positive Edge, a company dedicated to helping individuals and organizations increase their positivity to improve the quality of people's work lives and the quality of company cultures.

Sign up for Tina's weekly tips as a reminder to focus on the positive and receive your free article – ***7 Tips for Shifting Your Thoughts for More Positivity & Why It Matters***

Name: _____

E-mail address: _____

(We will never ever share your e-mail address with anyone!)