



# CHAPTER 11: POSITIVITY



## CHAPTER 11: POSITIVITY

# Therapy Session Number 11

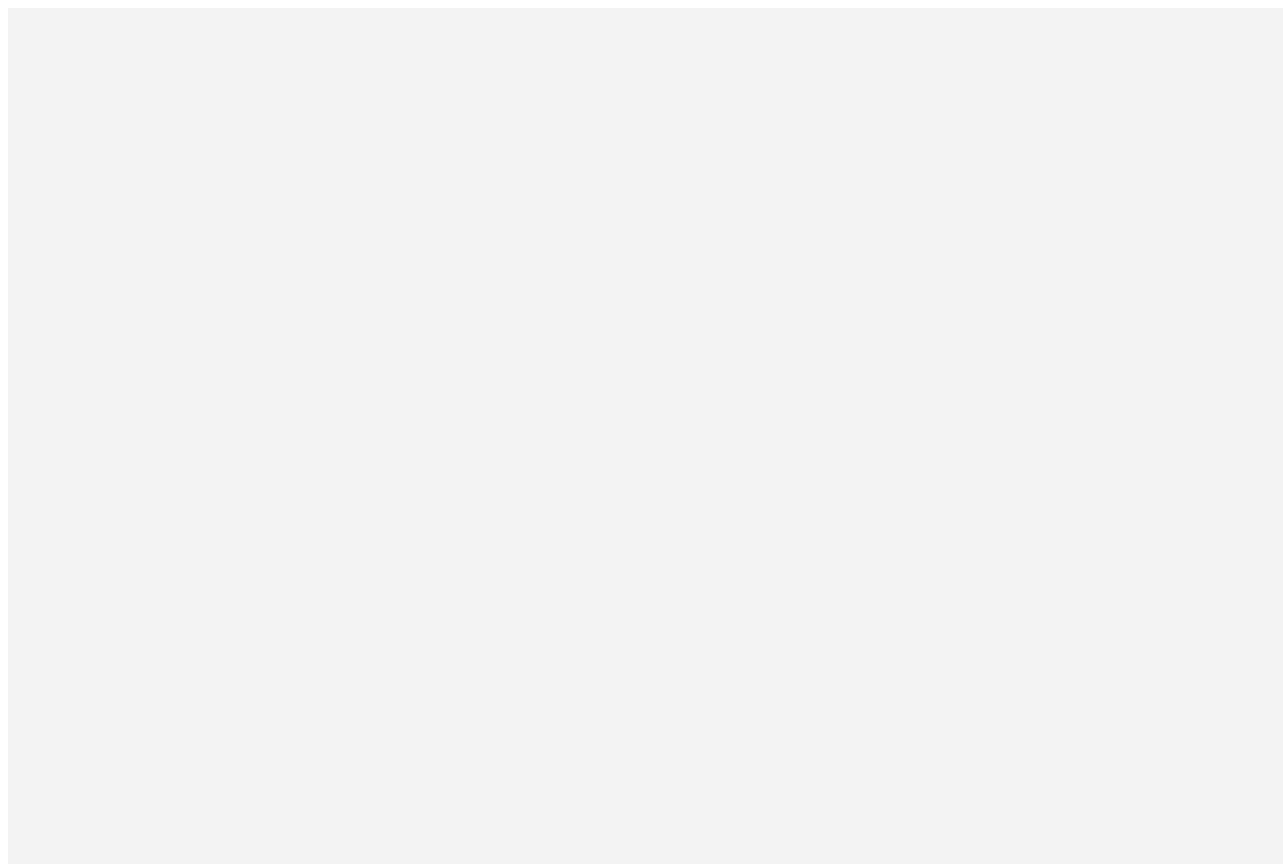
In today's session, we are turning up the volume on your positivity! Answer the following questions:

**If you have a negative narrative in your head, how can you Weaken the Fiction?**

**In what ways is negativity preventing your success?**

20 MINUTES

## How might positivity open the doors to success in your life?



I am excited for you!



# Reframe Positively to Become Grateful

Positive reframing is a technique where you try to reconsider things in a positive light to help you practice gratitude. By doing so, it can powerfully transform your thinking.

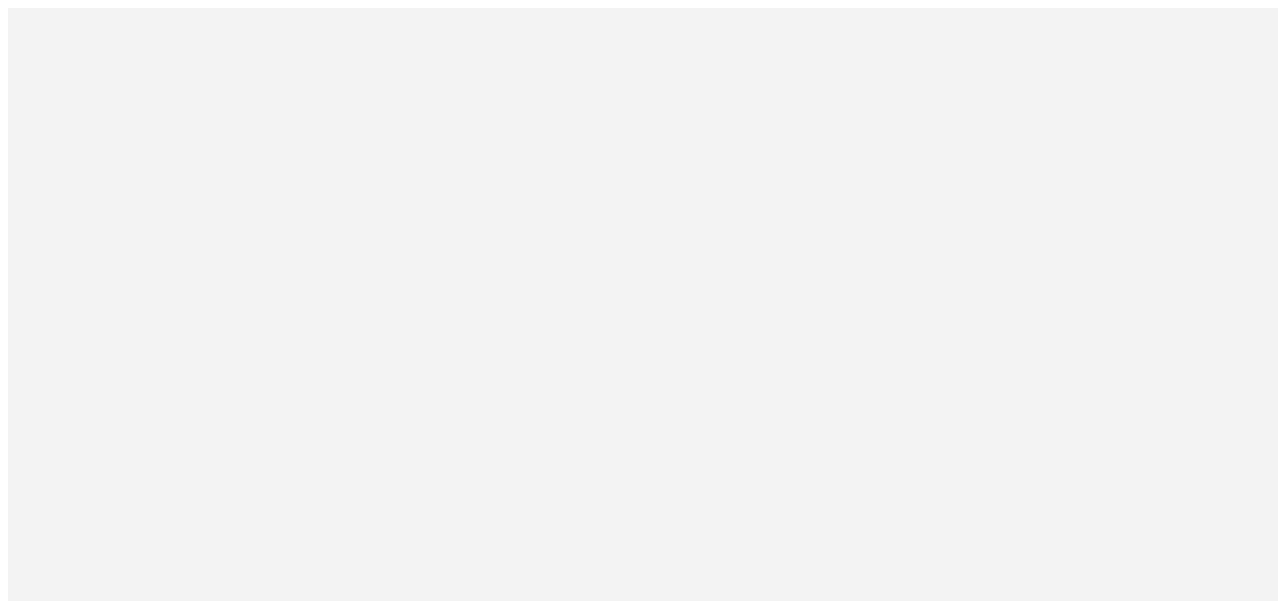
Let's positively reframe some upcoming challenges for you. Here are a couple examples to get you started:

- An upcoming challenge could be a dreaded meeting with your counselor at the consumer credit agency to talk about your credit card balances, which have gotten much higher since your last meeting. A positive reframe could be being grateful for having dedicated time with a professional to help you improve your financial state.
- Another upcoming challenge could be a meeting with your boss about your low sales last month. A positive reframe could be being grateful for having a mentor and the opportunity to share and get feedback on your new sales strategy moving forward.

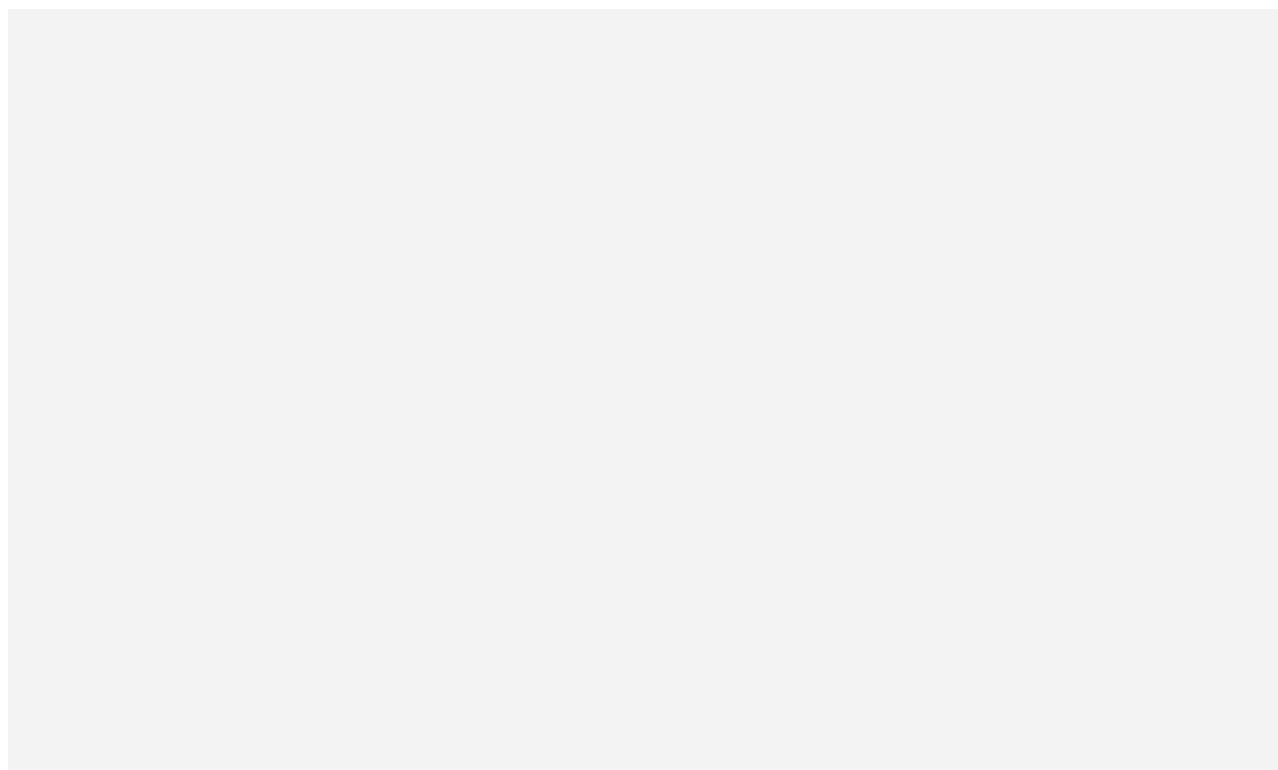
Now it's your turn.

**List three upcoming challenges or obstacles. Make sure at least one pertains to your career or finances.**

**What are the reasons why this is such a challenge?**



**Now, reframe the challenge in a positive way showing what blessings could result because of the situation.**





# Act “As If”

Give acting “as if” a try in whichever of the following ways works best for you:

- Record yourself (audio or video, but video is better because you can see your face when you replay it) telling a loved one of “recent accomplishments” that impacted your finances. The longer and more detailed, the better. Be sure to listen to it at least once or twice to retrain your neural pathways to think positively.
- Pick one trusted confidant (perhaps your partner, best friend, or therapist) and act “as if” you accomplished your goals for one to five minutes. Ask them for feedback, for example, if you seemed happy and excited.

**Then, write about what this assignment was like for you. How did it feel to speak as if you had achieved your dreams? Was it uncomfortable at first and then did it become easier?**

10 MINUTES; LIFETIME PRACTICE



# Look for the Exceptions

Answer the following questions:

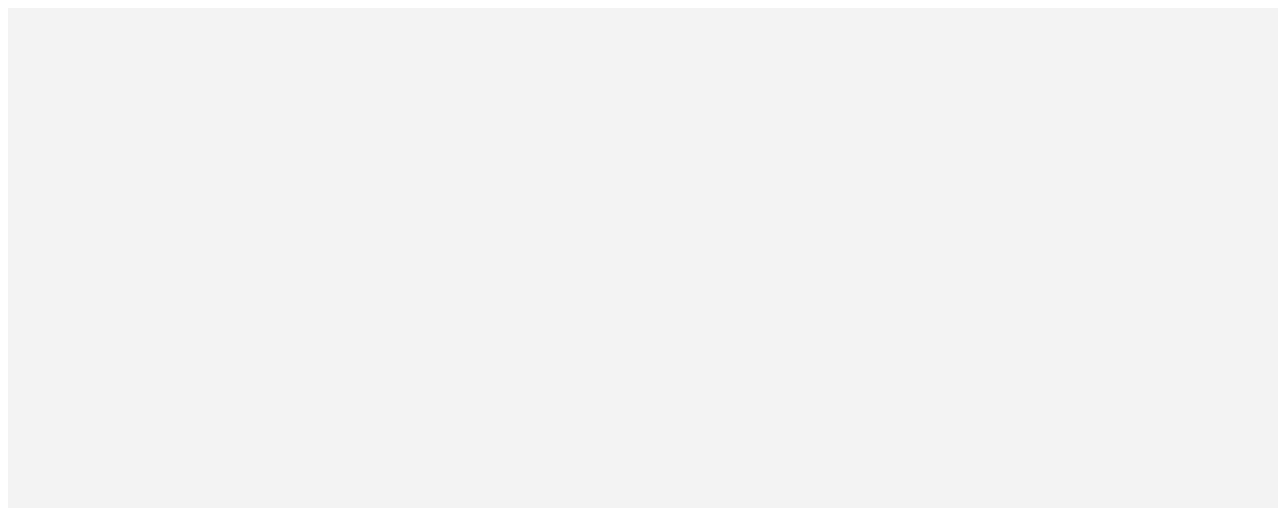
**What's a current problem you are facing?**

**Can you remember a time when this problem wasn't happening?**

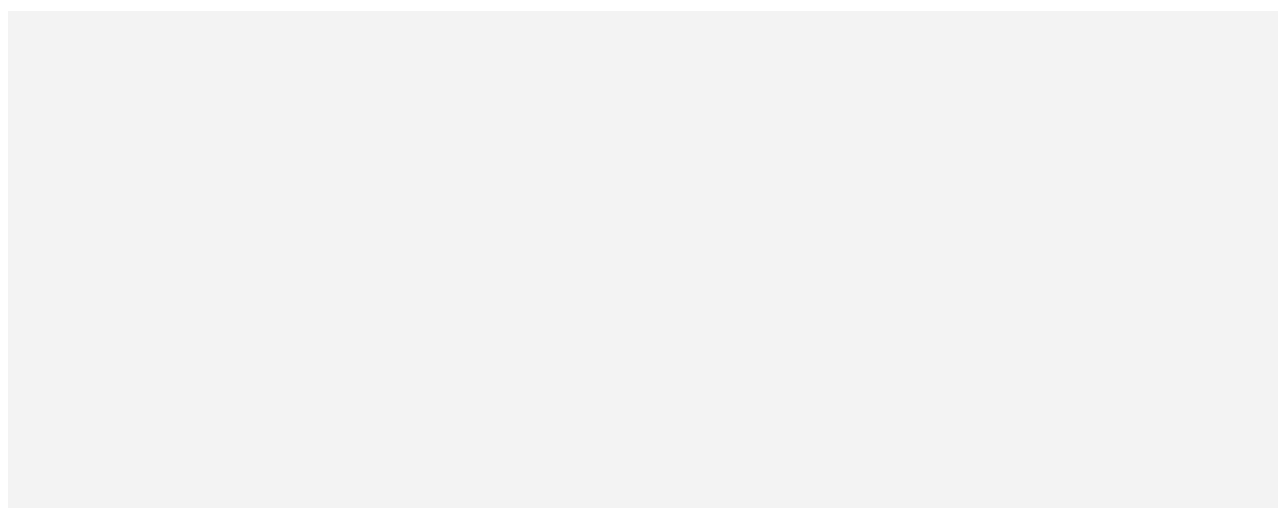
**What was different then?**

10 MINUTES; LIFETIME PRACTICE

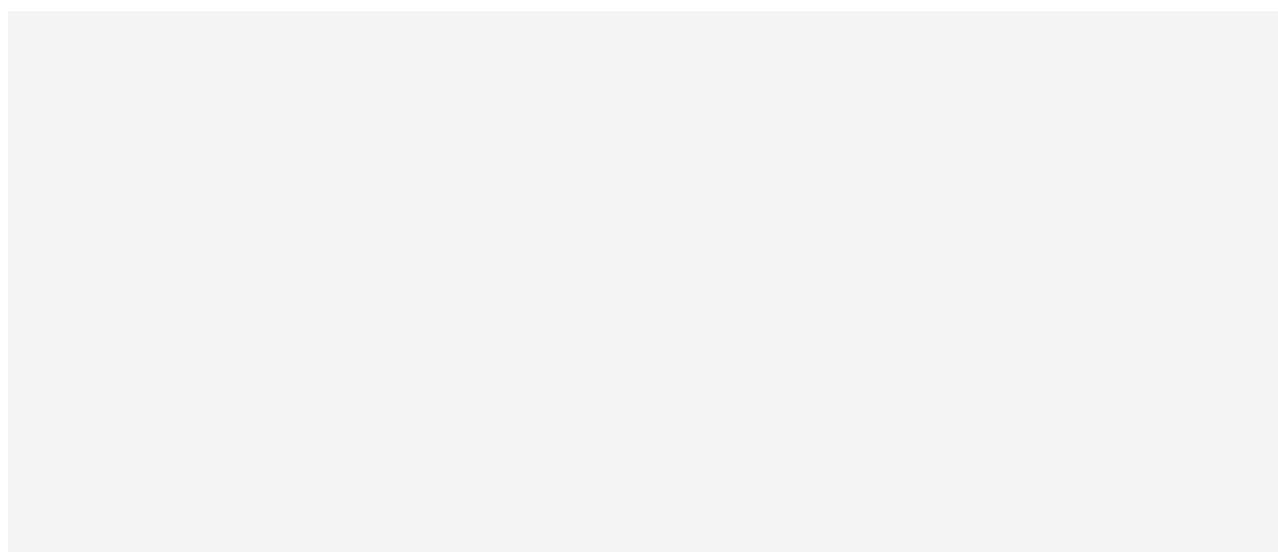
**What were you *doing* different?**



**How were you *thinking* different?**



**What can you do differently *now* because of this exception?**







# Do Some Exposure Therapy

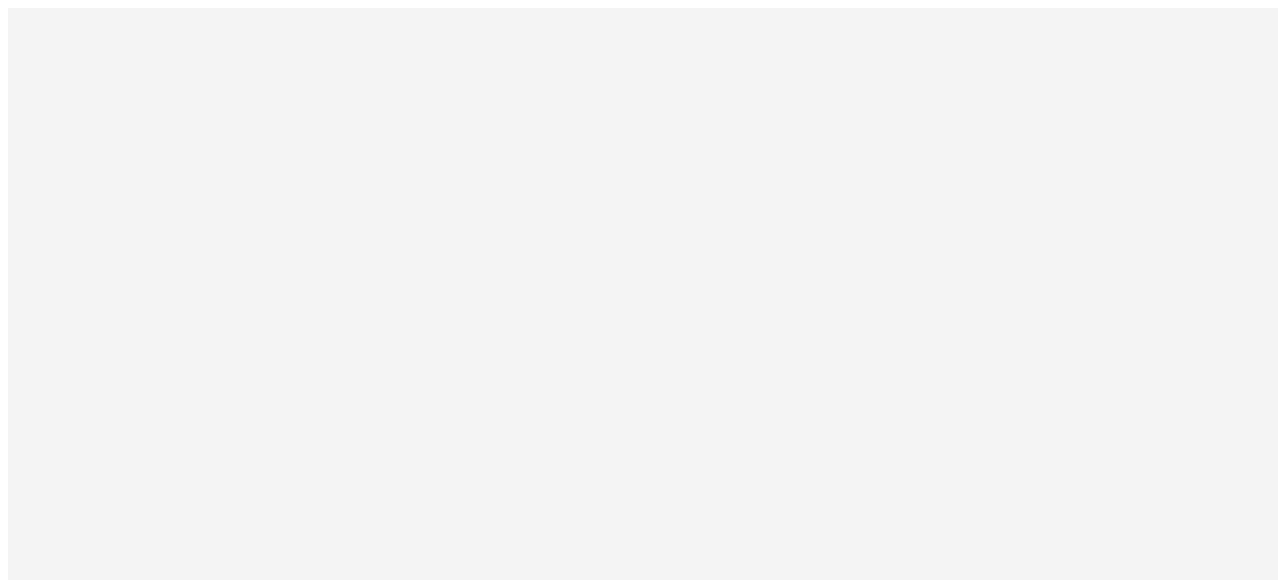
This exercise is based on systematic desensitization, a behavioral therapy technique used for treating phobias and anxiety. The idea is to expand your comfort zone by getting used to things that make you uncomfortable. Do the following:

**Name three activities outside your comfort zone that are important for your career success in the near future.**

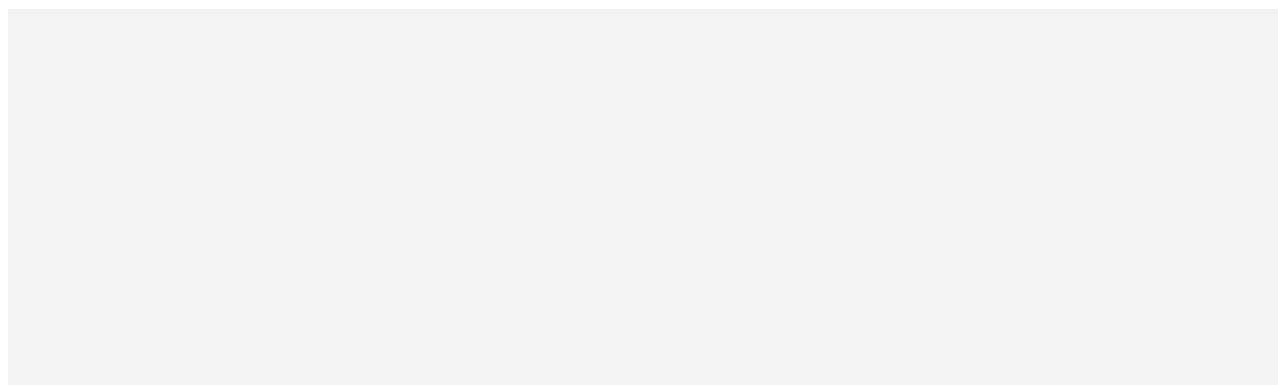
**Pick one of these activities that is particularly relevant and important. What resources and skills do you need to successfully accomplish this activity?**

20 MINUTES; LIFETIME PRACTICE

**Make a plan and set an intention for pursuing this activity in the near future. For example, if you have a fear of public speaking, join a Toastmasters group or take an improv comedy class.**



**Set a target date for completing the activity and ask a trusted confidant to hold you accountable and support you in this endeavor.**





# The Work Satisfaction Wheel

Date \_\_\_\_\_

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

**Salary/Pay:** Jot down the amount of compensation you receive including your salary or pay, plus any commissions or bonuses on the lines outside this spoke. How prosperous is your current compensation?

**Health Benefits:** List your current health-care benefits including medical, vision, and dental plans, a health savings account, or other perks like gym access. How prosperous are you in health-care benefits?

**Retirement Benefits:** Write down your current retirement benefits including your ability to invest (not how much you have invested) in pre-tax earnings into a 401(k) plan (in for-profit settings), 403(b) plan (in nonprofit or government settings), or Roth IRA (self-employed settings). How prosperous are you in accessing retirement benefits?

**Time Off:** Jot down how much flexibility you have to take time off, whether or not it is paid time off and how much time you can take off for vacations, sick days, and other leaves of absence. How prosperous are you when it comes to taking time off?

**Ownership/Interest:** Write down notes about your ability to become a partner or owner, obtain stock options, or have a vested interest in your place of work. How prosperous are you in your ability to have ownership or a vested interest?

**Enjoyment:** Jot down the aspects of your job you enjoy or don't enjoy. How prosperous are you in terms of deriving pleasure and enjoyment from your work?

**Meaning:** List which aspects of your work are meaningful and rewarding to you on a deeper level. How prosperous are you when it comes to finding meaning in your work?

**Self-Alignment:** Mark down your unique gifts and talents, core values, and mission in the world. How prosperous are you in your work aligning with your true self?

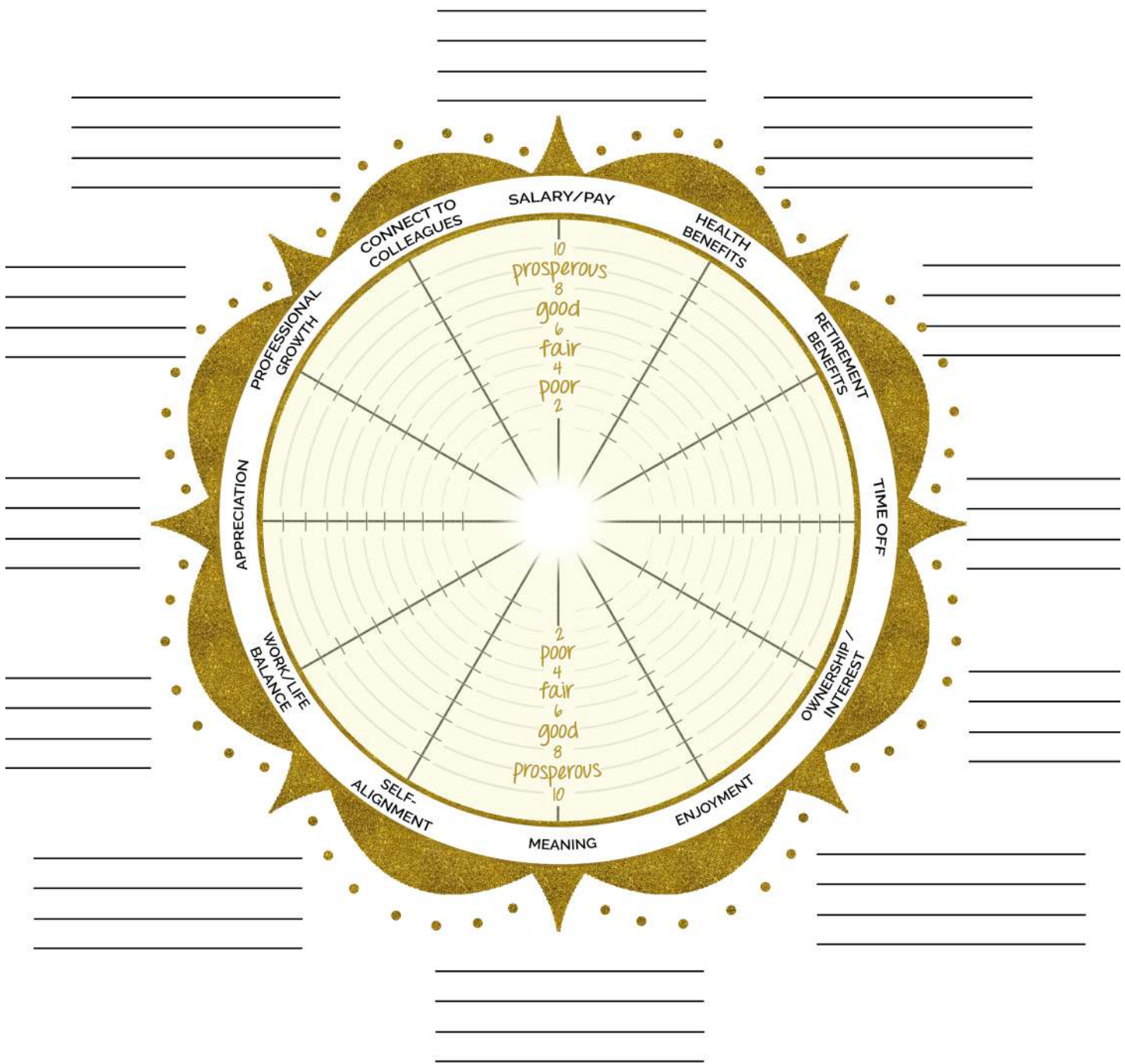
**Work-Life Balance:** Write down the aspects of flexibility or lack thereof in your current work situation. This includes the ability to work from home, flexible hours, work-life balance, commute time, or required travel.

**Appreciation:** List the ways you are acknowledged for your efforts and achievements, including words of affirmation, appropriate title, awards, or special perks. How prosperous are you in appreciation and recognition at work?

**Professional Growth:** Jot down your current opportunities for professional growth including mentoring, continuing education, or other alternative opportunities for learning. How prosperous are you in opportunities for professional development?

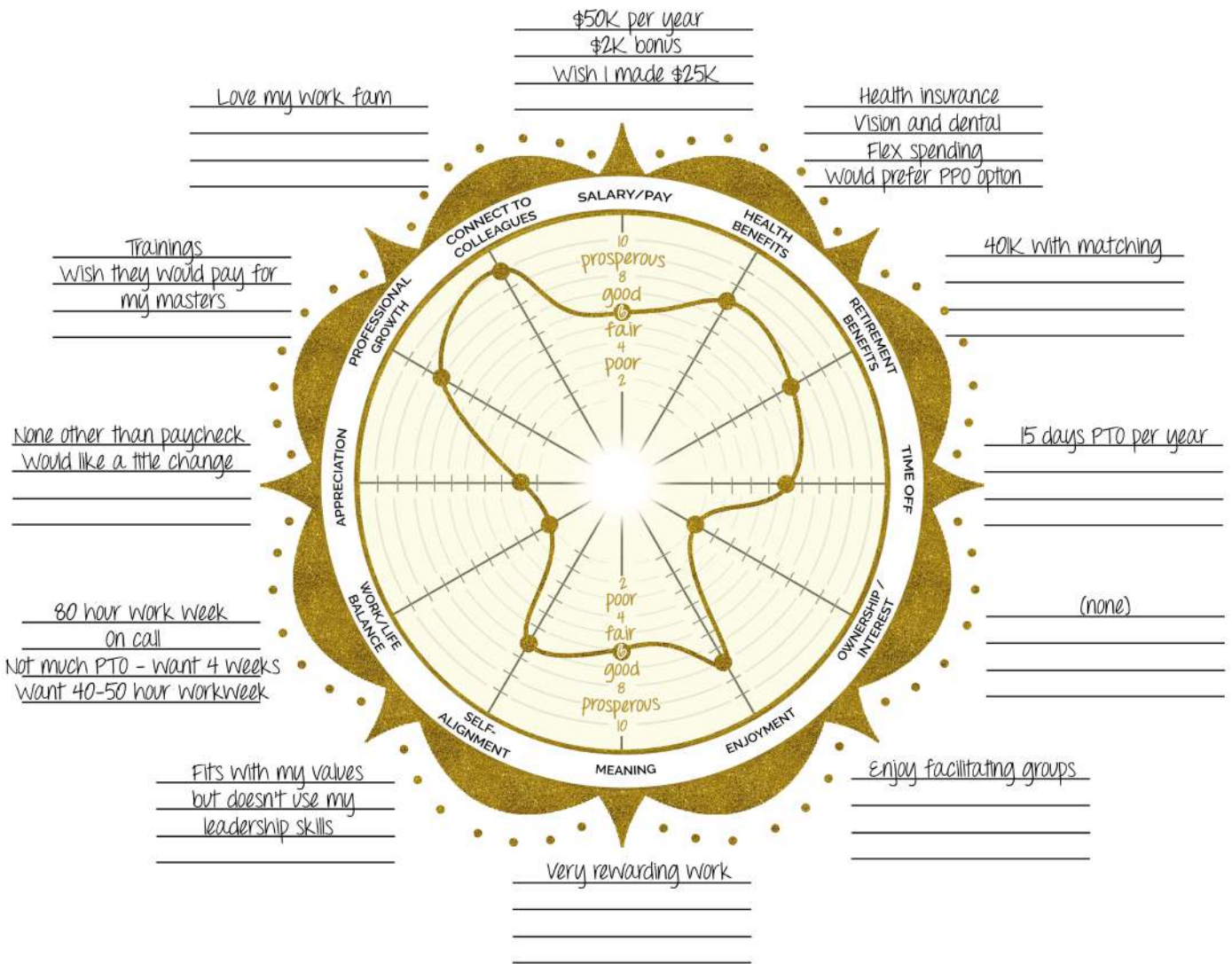
**Connect to Colleagues:** Write notes about how your work does or does not foster collaboration, social support, and a sense of belonging. How prosperous are you in connection to colleagues?

Chart your numbered responses and then connect the dots. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to negotiating Salary/Pay? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



# The Work Satisfaction Wheel

At the end of each spoke, list what's important to you under each of the categories. To get you started with ideas, see The Work Satisfaction Wheel Example.



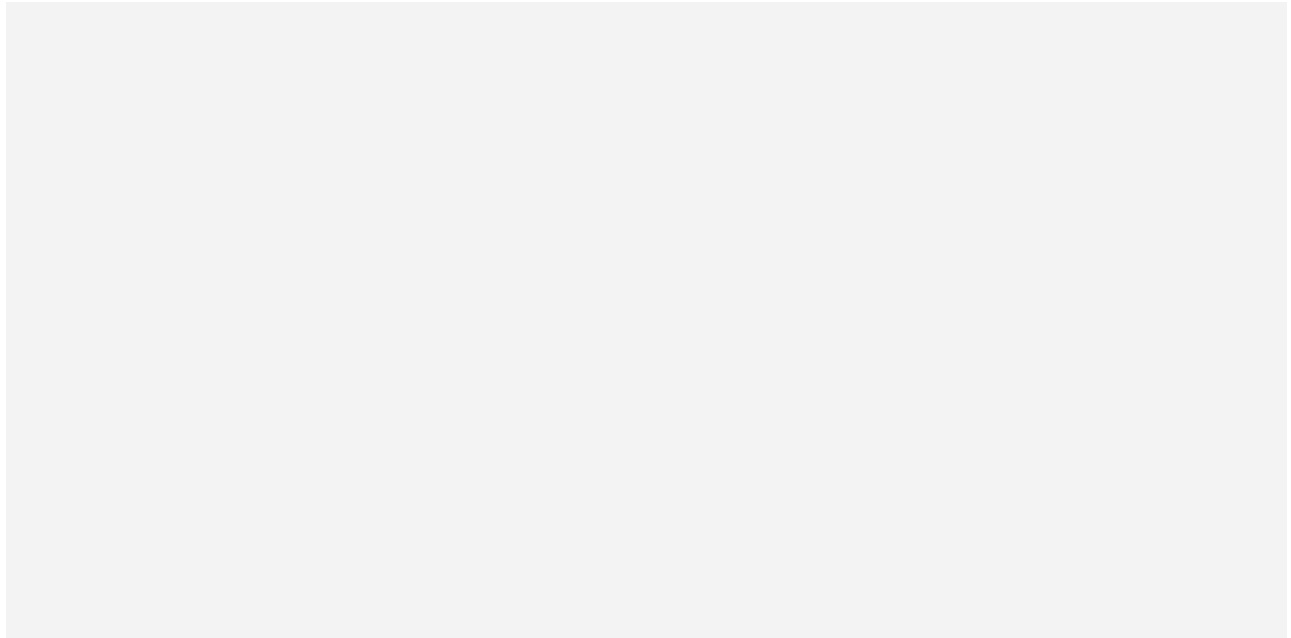
# The Work Satisfaction Wheel

In The Work Satisfaction Wheel Example, notice the two deepest dents in the wheel are in the areas of Work-Life Balance and Ownership/Vested Interest. These would be the areas of needed improvement or negotiation.

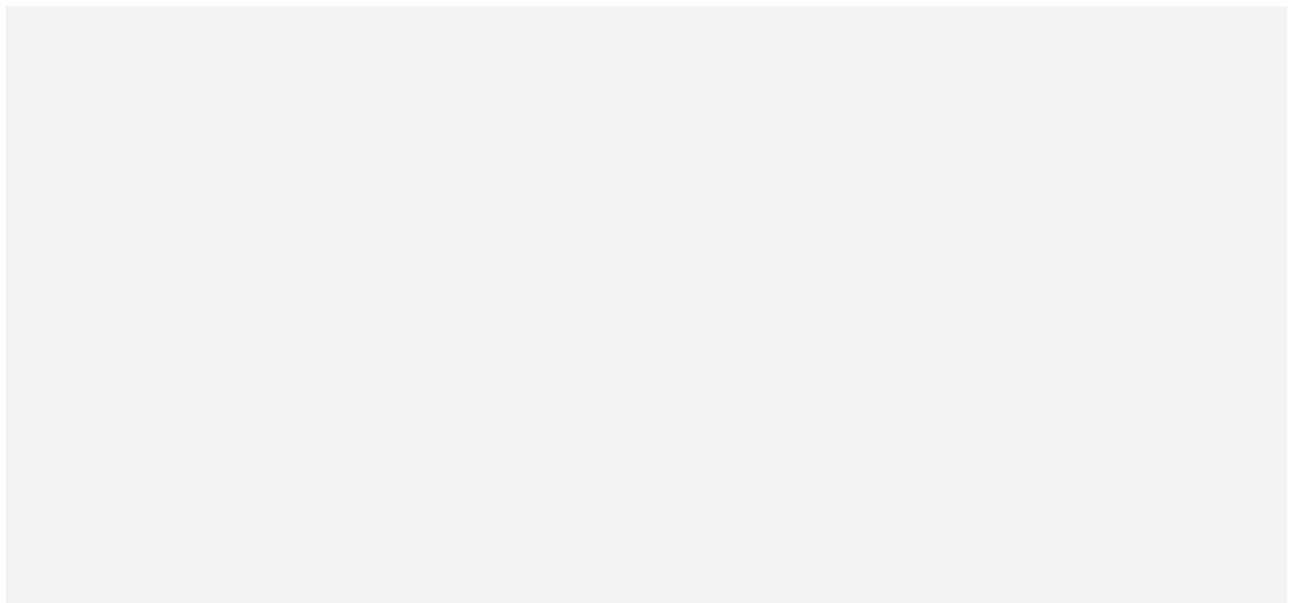
# The Work Satisfaction Wheel

After filling your wheel in completely, answer the following questions:

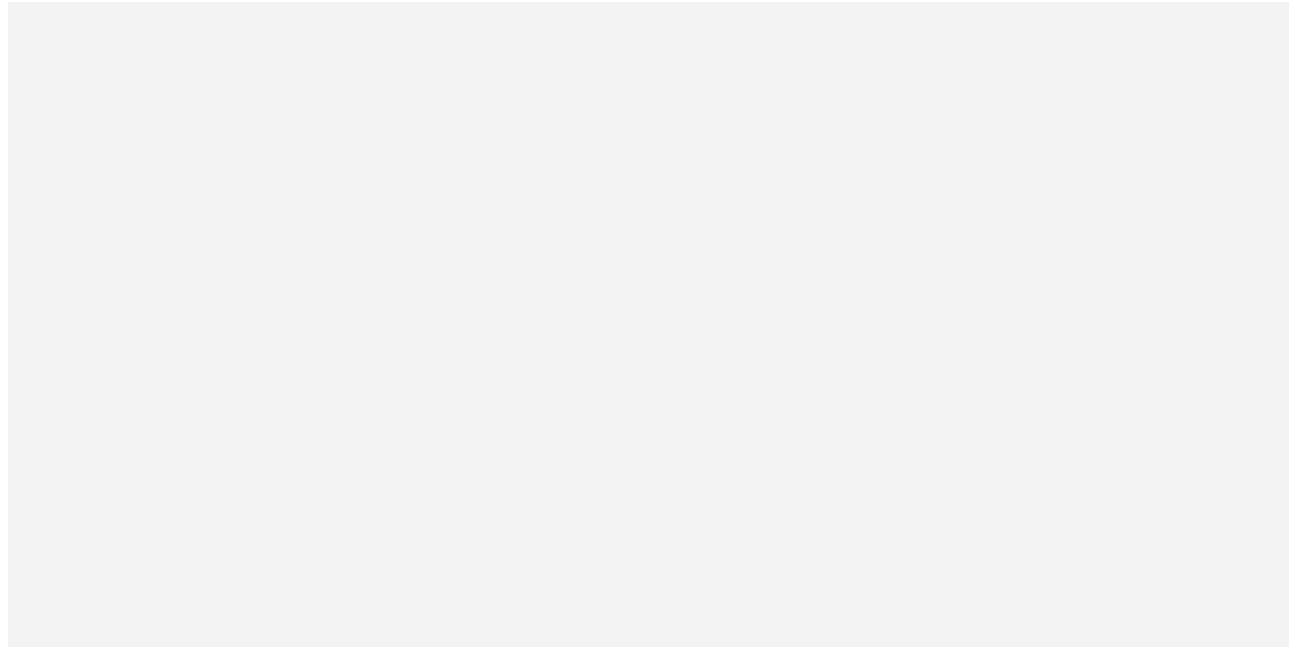
**To see your overall satisfaction with your work, add up your total spoke scores and divide the total by twelve. Is it closer to the Poor or the Prosperous range?**



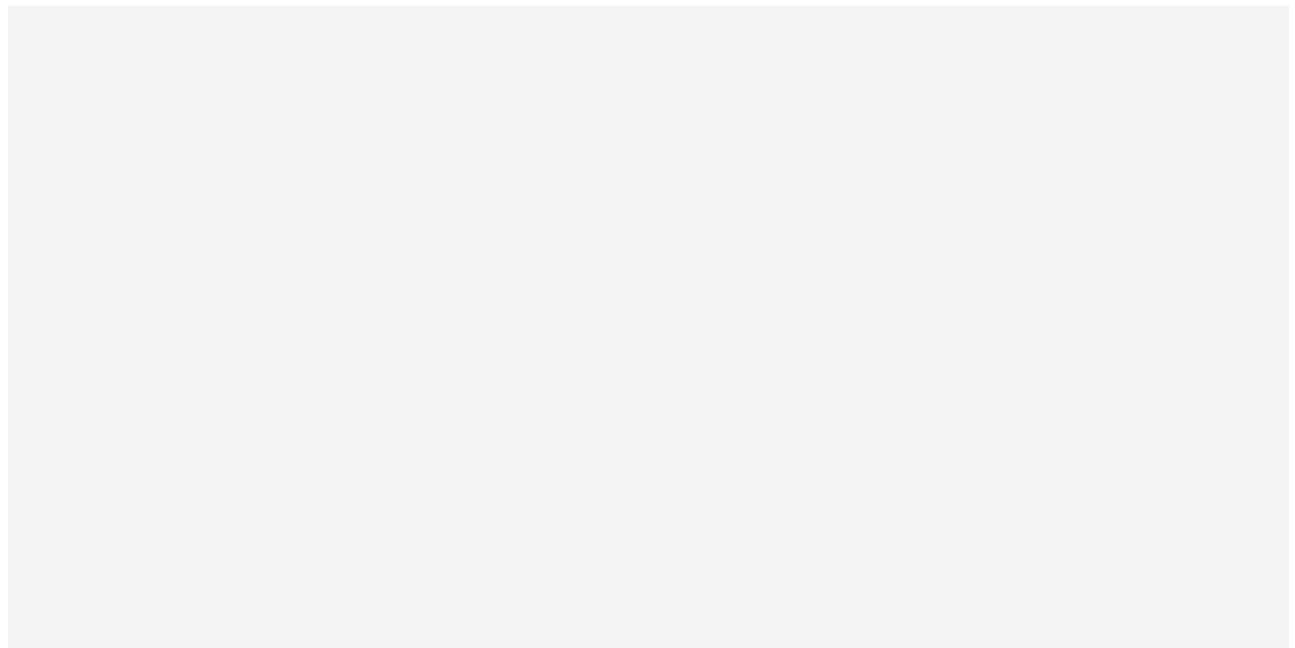
**What are your three lowest ratings or dents on the wheel?**



**Can you negotiate for more of this at your current workplace? Or create it for yourself somehow?**



**Can you attain greater prosperity in your current work or do you need to make some changes? Write out your thoughts and an action plan. Include details about what your ideal situation would look like.**



Consider revisiting this exercise at least twice a year so you can continue to advocate for yourself. The more you work at it, the better you'll become at it. Date your wheel and file it for later reference!





# The Positivity Wheel

Date \_\_\_\_\_

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

**Positive Psychology:** Focusing on the strengths and gifts that enable you and others to thrive and succeed. When it comes to answering the proverbial question, “Is your glass half empty or half full?” how would you rate yourself at being half full?

**Weaken the Fiction:** Identifying and overcoming excuses or negative narratives you tell yourself that are between you and the success you deserve. How successful are you at WTF?

**Gratitude:** Expressing thanks and appreciation. How successful are you at taking the time to reflect on what you are grateful for?

**Positive Reframing:** How would you rate yourself when it comes to looking at the good parts of any situation?

**Cheerful:** Expressing happiness, joy, humor, and good spirits. When it comes to expressing cheerful vibes, how would you rate yourself?

**Optimism:** Being hopeful and confident about the future; expecting a favorable outcome. How optimistic are you about the future?

**Passion:** Bringing excited energy to what you do. How passionate are you about being positive?

**Courage:** Doing something that frightens you; expanding your comfort zone. When it comes to being courageous, how would you rate yourself?

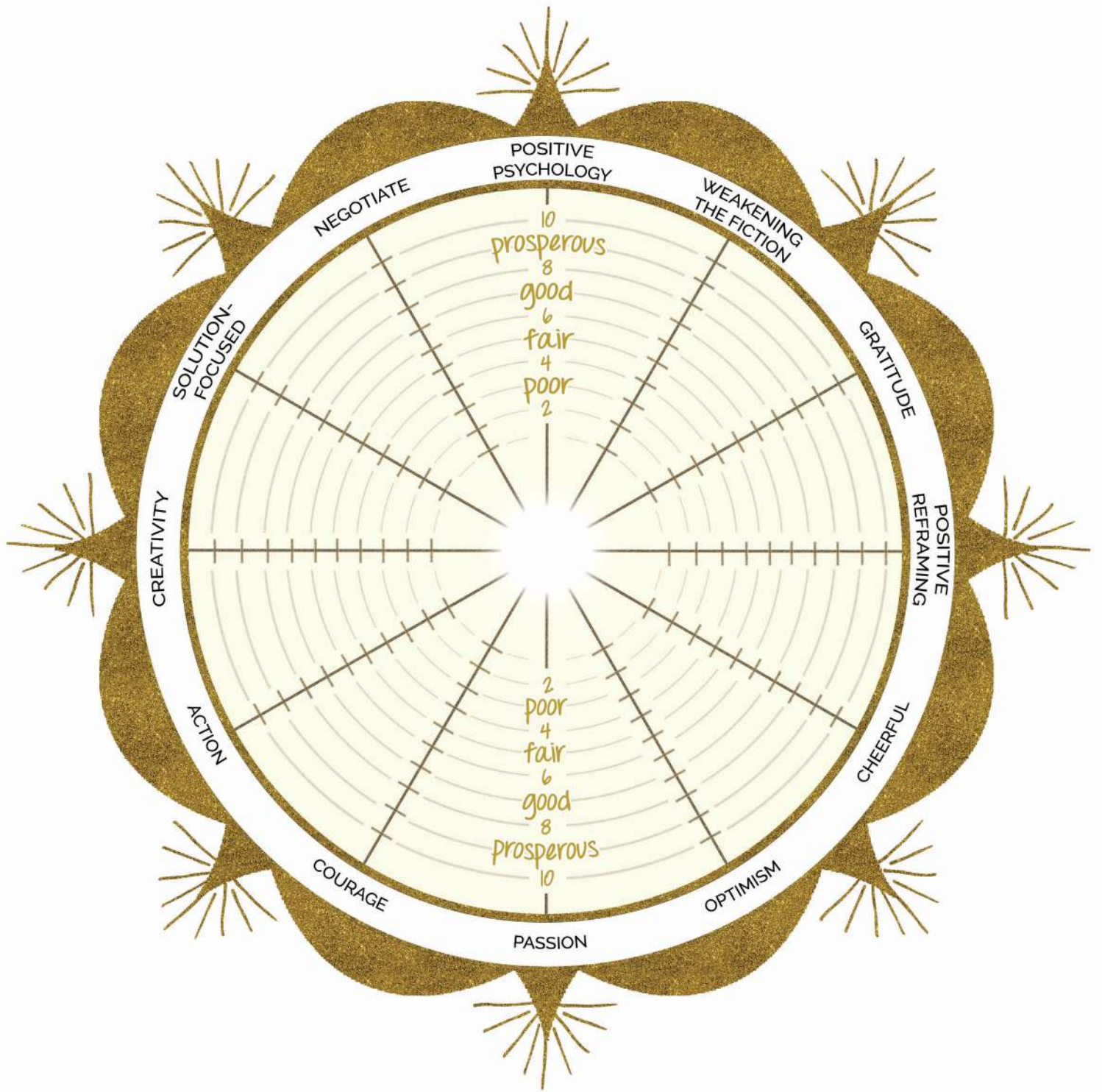
**Action:** Identifying opportunities and taking steps to achieve them. How would you rate yourself when it comes to taking action?

**Creativity:** Utilizing positive energy to develop original thoughts, ideas, or innovations. How would you rate yourself when it comes to creativity?

**Solution-Focused:** Focusing on building strengths and finding solutions rather than just discussing problems. How would you rate yourself at being solution focused?

**Negotiate:** How good are you at advocating for yourself in your work and financial life to arrive at win-win agreements?

Chart your responses on The Positivity Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to embracing Positive Psychology? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



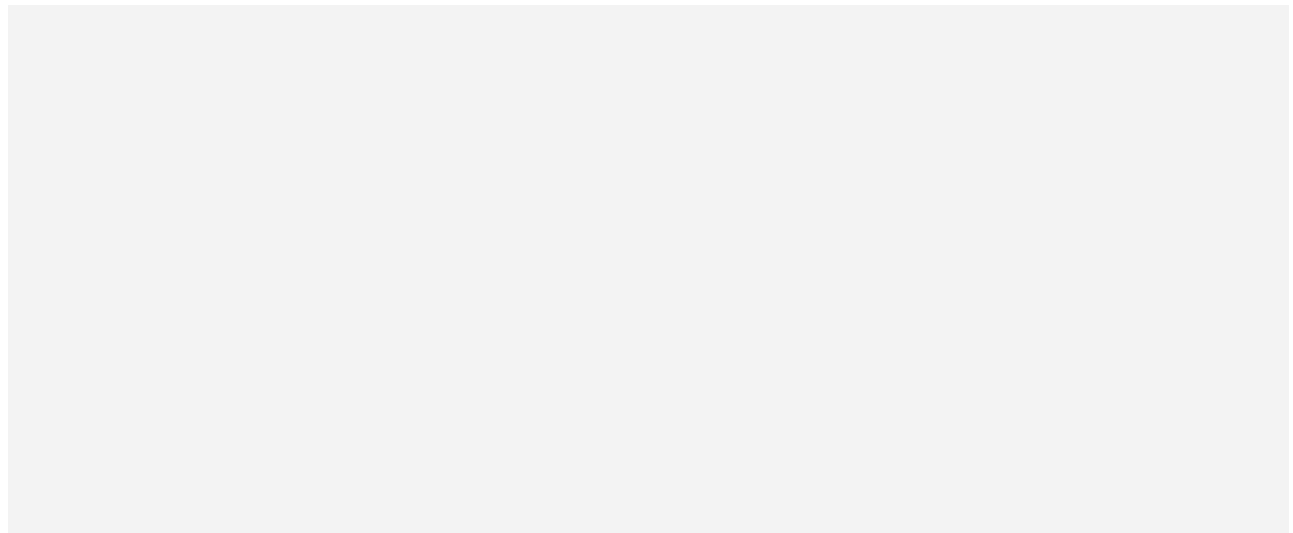
# The Positivity Wheel

# The Positivity Wheel

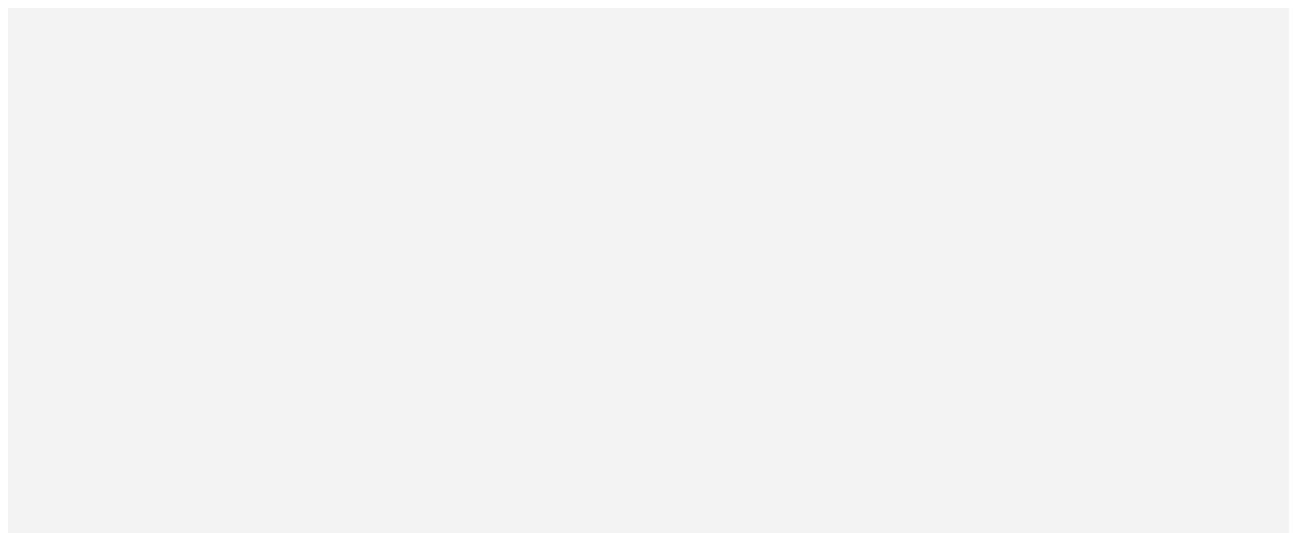
We all can use a little more positivity in our lives. Consider revisiting this exercise monthly or quarterly to continue to keep increasing your positivity. Date your wheel and file it for later reference!

Answer the following questions:

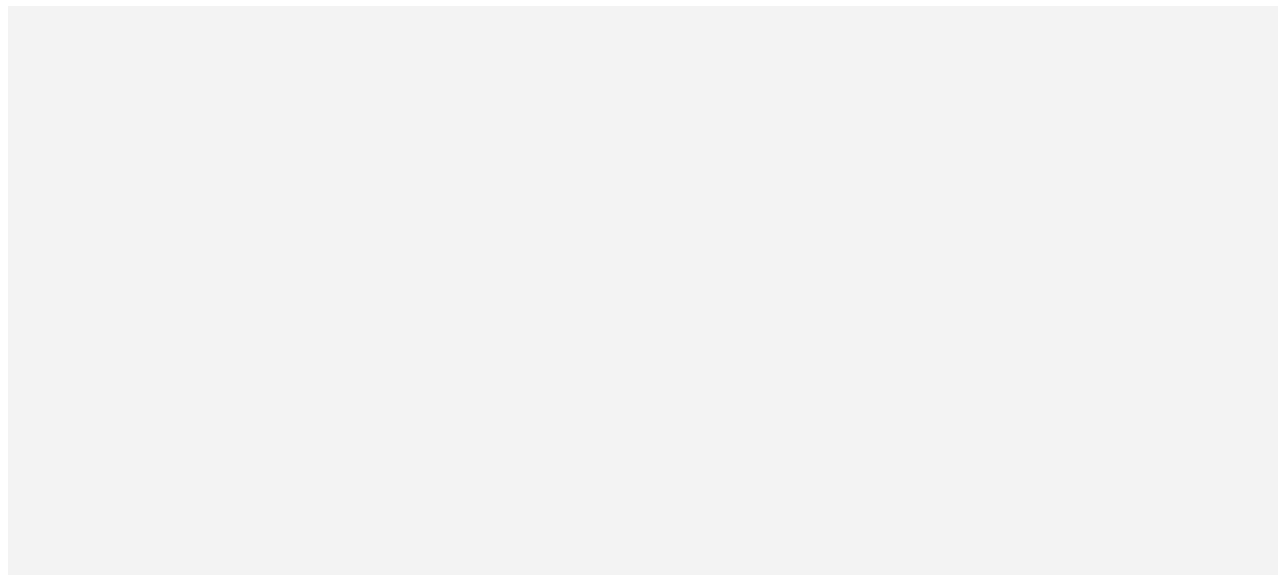
**As you look at the biggest dents in your wheel, notice which areas you scored yourself the lowest. Why do you think this is so?**



**How might working on these areas improve your personal life?  
Professional life? Financial life?**



**What three action steps can you take to improve in each of these three areas?**



You got this! Yippee! Hurray! (Can you tell I was a high school cheerleader?)