

Ways to Get a Positive Attitude



Dr. Seligman's 4 Positive Attitude Skills

...University of Pennsylvania

Identify Signature Strengths



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

Finding the Good



“If you have lemons, make lemonade”



Gratitude Visit



Respond Constructively

Dr. Santos's 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



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

— Twyla Tharp —



Appreciate
(Savor) Your
Surroundings



Strengthen
(Savor) Your
Relationships

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



“Mindfulness”



Appreciate
(Savor) Your
Surroundings



Appreciate
(Savor) Your
Relationships



Time & Energy Are Finite



Gratitude
Journal



Respond Constructively



Sleep & Exercise



Do Good For
Others



Gratitude
Visit

Today

This Week

This Month?