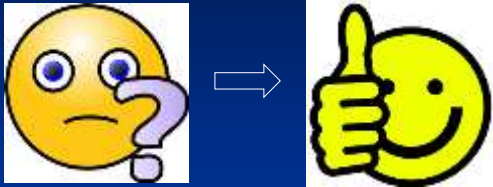


### How Do You Get a Positive Attitude?



### 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



Gratitude Visit



Respond Constructively

### Dr. Santos' 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.  
-Franklin D. Roosevelt



Appreciate (Savor) Your Surroundings



Strengthen (Savor) Your Relationships

### Dr. Moskowitz's 7 Positive Attitude Skills

...Northwestern University School of Medicine



Notice Positive Event => Say It or Write It



Gratitude Journal



Note How You Use Your Strength/Skill



Progress to A Goal



Change Minor Stress to A Positive




Small Acts Of Kindness




"Mindfulness" Here and Now

### Dr. Moskowitz's 7 Positive Attitude Skills


...Northwestern University School of Medicine




Notice Positive Event =>  
Say It or Write It



Gratitude Journal




Note How You Use  
Your Strength/Skill




Progress to  
A Goal


→



Change Minor  
Stress to A Positive




Small Acts  
Of Kindness



"Mindfulness"  
Here and Now

### "Lemons to Lemonade" - Explanation


"If you get lemons...  
make lemonade"




Dr. Seligman:  
"Finding the Good"

Dr. Moskowitz:  
"Change Minor Stress to A Positive"


Other explanations...



Look for  
Strength



"Glass half empty  
.....or half full?"



Everything is good  
but the good  
is not always good to everyone.

### Dr. Fredrickson's 8 Positive Attitude Skills

...University of North Carolina



Be Open to Here & Now:  
"Mindfulness"



Kindness:  
Do Good For  
Others



Appreciate Your  
Surroundings



Be Real -  
Accept Yourself



Learn:  
Be Interested  
Pay Attention




Progress to  
A Goal




Strengthen  
Relationships


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




"Mindfulness"  
Appreciate (Savor)  
Your Surroundings  
& Relationships




Accept Yourself




Time & Energy Are Finite




Notice Positive  
Event




Progress to  
A Goal




Respond Constructively




Sleep & Exercise



Do Good For  
Others



Gratitude  
Journal



Gratitude  
Visit

Today

This Week

This Month?