



# How to Stay Positive in a Negative World



A Single 90-minute Webinar



*“You are not the victim of the world, but rather the master of your own destiny. It is your choices and decisions that determine your destiny.”*

— Roy T. Bennett

1. Why is it important to **you personally** to learn to stay positive in a negative world?

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2. In what areas do you struggle most?

- at work
- at home
- in other relationships
- my own mindset

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## WHAT CAN I DO TO STAY POSITIVE – AT WORK?

1. \_\_\_\_\_ not to engage.
2. Use “\_\_\_\_\_” if you can.
3. Trade \_\_\_\_\_.
4. Refuse to \_\_\_\_\_.
5. Find ways to take a \_\_\_\_\_.
6. Remember that your work environment doesn’t \_\_\_\_\_.
7. If the negativity is about an ongoing issue, \_\_\_\_\_.
8. Use your \_\_\_\_\_ wisely.
9. \_\_\_\_\_.
10. \_\_\_\_\_.
11. Fill your environment with \_\_\_\_\_.
12. Limit your \_\_\_\_\_.
13. Seek \_\_\_\_\_.
14. Don’t give away your \_\_\_\_\_.

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15. \_\_\_\_\_.
16. Don't give up your \_\_\_\_\_.
17. Be generous with \_\_\_\_\_.
18. Find the \_\_\_\_\_.
19. Be open to \_\_\_\_\_.
20. Develop your \_\_\_\_\_.
21. Practice \_\_\_\_\_.
22. Pick \_\_\_\_\_.

**WHAT CAN I DO TO STAY POSITIVE – AT HOME AND/OR IN RELATIONSHIPS?**

1. \_\_\_\_\_ your \_\_\_\_\_.
2. Have an \_\_\_\_\_.
3. Acknowledge if you are \_\_\_\_\_.
4. Try not to get \_\_\_\_\_.
5. Don't \_\_\_\_\_.
6. \_\_\_\_\_ the positive.
7. Don't build \_\_\_\_\_.
8. Honor your \_\_\_\_\_.
9. Recognize your \_\_\_\_\_.

**WHAT CAN I DO TO STAY POSITIVE – MYSELF?**

1. \_\_\_\_\_ the positivity in your life.
2. Don't \_\_\_\_\_.
3. Watch your \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.
6. Find a \_\_\_\_\_.
7. \_\_\_\_\_ a friend.

8. Hold yourself \_\_\_\_\_.
9. \_\_\_\_\_ someone else.
10. Develop your \_\_\_\_\_.
11. Practice \_\_\_\_\_.
12. Be careful of your \_\_\_\_\_.
13. Listen to your \_\_\_\_\_.
14. \_\_\_\_\_ when necessary.
15. Consider how you \_\_\_\_\_.
16. \_\_\_\_\_ your thoughts.
17. Be \_\_\_\_\_ about what you feed your mind.
18. Consider which \_\_\_\_\_  
will help you succeed.


***What obstacles do you think you personally will face in trying to be more positive in a negative world?***

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***Of the nearly-50 tips we've discussed, which THREE will you use...and HOW?***

***At work:***

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***At home and/or in relationships:***

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***With myself:***

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