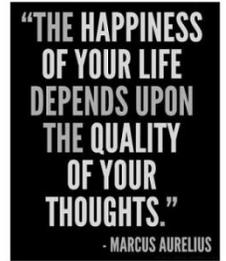




Are you a Negative Nell or Positive Paul?

Reducing Our Tendency to Embrace the Negative
A Single 90-minute Webinar



“No one can create negativity or stress within you. Only you can do that by virtue of how you process your world.” Wayne Dyer

A) Why is it important to **you** to curb your negativity?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Mario Losada, a researcher, studied some 60 teams and found that the ratio of positive to negative comments in the highest performing teams was 5.6 to 1. In medium performing teams, it was 2.9 to 1, and in low performing teams, it was .36 to 1, meaning three negative comments for every positive one.

B) There are dozens of tips to help you overcome negativity...which will you use?

1. Don't allow yourself to _____ others' negativity.
2. Don't hang around with " _____ " people.
3. If you have to hang around with them, _____ your exposure.
4. Have an _____.
5. Practice _____:
self-_____ and self-_____.
6. _____ your reaction/your responses/your attitude.
7. Be _____ about problems, then focus on solutions.

8. Take one small _____.
9. Practice _____.
10. Don't expect "It's a Wonderful Life" _____.
11. Let go of your emotional _____.
12. Count your _____.
13. Remember that the past is in _____.
14. Ask yourself, "What went _____ today?"
15. Don't stay _____ when negativity strikes.
16. Try something _____.
17. Don't _____ yourself.
18. What gets _____ gets _____.
19. Understand that your _____ influences how others respond to you.
20. Your attitude also influences how you feel about _____.
21. Becoming more positive is not about _____.
It's an _____.
22. We can't change the facts of a negative situation, but we can _____ our thoughts.
23. Fire your _____.
24. _____ your negative thoughts.
25. Watch your _____.
26. Don't discount negativity completely. Does it have a kernel of truth you can use as _____?
27. Re-focus through _____.
28. Don't be a _____.
29. _____.
30. Focus on someone else's _____.
31. Don't _____.
... _____.
32. Read _____.

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch your character, it becomes your destiny!

33. Remember that being a _____ is not the same as always being negative.
34. A situation is usually not “_____.”
35. _____.
- worst that could happen
 - best that could happen
 - most likely scenario
36. Don't cast your _____ over everything when something does go wrong.
37. Do cast the _____ when you can.
38. Stop reading negativity into someone else's _____.
39. Stop creating a _____ based on your own negative imagination.
40. Become the _____ by observing your own negative thoughts.
41. Many negative thoughts come from the _____ of your focus.
“Let us not look back in anger or forward in fear, but around in awareness.” James Thurber
42. Set some realistic goals to gain a positive _____.
43. Be careful of your _____ when feeling negative.
44. _____.
45. Make “_____” part of your vocabulary.

“A bad attitude is like a flat tire; you can't go anywhere until you change it.” Attributed to various authors

What specifically will you do to lessen the negativity in your life?

“There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative.” Robert Collier