Leadership Lessons Expectations

• Let's see your whole face on the screen
• Please use your name
• Please mute yourself unless otherwise instructed
• Please eliminate distractions
• Please share when asked
• Please have something to write with
Think positive!

The Power of Positivity
Positive Attitude Changes EVERYTHING
<table>
<thead>
<tr>
<th></th>
<th>Not at all=1</th>
<th>Rarely=2</th>
<th>Sometimes=3</th>
<th>Often =4</th>
<th>Very Often = 5</th>
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<tbody>
<tr>
<td>When a person in authority asks to speak with me, I am curious and don’t assume it’s for something negative.</td>
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<td>When something bad happens, I see the contributions that everyone made to the mistake.</td>
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<td>When I make a decision that proves to be successful, I believe it's because I have expertise on the subject and analyzed that particular problem well.</td>
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<td>When a team I am on is functioning poorly, I believe that the cause is short-term and has a straightforward solution.</td>
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<td>When long-term goals are achieved, especially if they have been personally challenging goal, I am proud, and think about all the skills that were used in order to be successful.</td>
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<td><strong>Total Score</strong></td>
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Permanence: Believing that something we are experiencing is either permanent or temporary. A low score implies that you think bad times will carry on forever. A high score (20+) shows confidence that you'll be able to get things back on course quickly.

Pervasiveness: Believing that situational factors cause an effect or that the effect is evidence of more universal factors at work. A low score (15 -) shows that you tend to think that if you've experienced a problem in one place, you'll experience that problem wherever you go.

Personalization: Believing that something about you influenced the outcome or that something external to you caused it. A low score indicates that you tend to blame yourself for bad things, rather than attributing the cause to more general factors.

Your answers to the questions in this quiz can show whether you have a positive or negative pattern of thinking. They're also great starting points to become more aware of your thoughts - and the effect they have on your life.
Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.
Having a positive attitude means being optimistic about life, interactions, and yourself, remaining hopeful, and seeing the best even in difficult situations.
Yes, it is all a matter of attitude.
Sometimes you cannot control how you feel, but you can control your perspective and how you interact with others.

You can choose to be positive and optimistic

or

You can choose to be negative and pessimistic.
What Does a Positive Attitude Mean?

- Envisioning and expecting favorable results
- Being willing to try new things
- Believing that everything will work out
- Seeing the good in life, rather focusing on the negative and failures
Breathe in for 4
Hold for 4
Breathe out for 4
Hold for 4
start here
In a Professional Environment

Positive Attitudes:
• Help team members cope under stressful situations
• Allow for friendly and supportive competition
• Create an uplifting environment for everyone

Negative Attitudes:
• Sets team up for failure
• Cause people to strive for success at the expense of others
• Create an unproductive environment full of distrust
Attitude Is Everything

• Let positive thoughts occupy your mind
• Be kind and polite to others
• Do not step back from responsibilities
• Maintain quality relationships with your colleagues
• Spend time with optimistic people
• Excel in your performance
Keep going. The best is yet to come.

A Positive Frame of Mind Helps In Many Ways

• Expecting success and not failure
• Making you feel inspired
• Giving you the strength not to give up if you encounter obstacles along your way
• Making you look at failure and problems as blessings in disguise
• Believing in yourself and your abilities
• Enabling you to show self-esteem and confidence
• Looking for solutions, instead of dwelling on problems
5 Finger Breathing

Breathe in

Breathe out
Habits For A Positive Attitude

- Demonstrate gratitude
- Be in control of your attitude
- Treat yourself to some self-care everyday
- Avoid spreading gossip
- Choose to be optimistic
- Learn to laugh at yourself
- Focus on solutions and not problems
- Say positive things to yourself
- Be good to others
Positivity Power Cards

Take a moment to reflect and then create "I AM" statements

• I AM (A statement of who you are)__________________

• I CAN (A statement of what you can achieve)____________

• I WILL (A statement of self-belief)__________________