

COACHING TIP for MOUNTAIN-TOP OPTIMISM



- Consider how much of the time you live in the space of Optimism. Identify a specific percentage.
- Choose how much you want to bump that up. Start with gradual increments. Your brain will thank you.
- Use negative circumstances as prompts to pump up positive emotions.
- Start with gratitude, if you're not sure how to proceed.

For example,

"I'm grateful I'm aware that that email sent me into a negative space."

"I'm grateful I can identify it and be proactive about choosing to be positive."

"I'm grateful this is teaching me to respond and not react."

"I'm grateful that I'm learning new ways to communicate with people who say harsh things."

"I'm grateful I can let this go and chock it up to her having a bad day."

- Celebrate your success. Let the emotions of hope, gratitude, delight sink in for at least 17 seconds. Rinse and repeat. You're on your way!