



How to Stay Positive in a Negative World

A 60-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?

2. In what areas do you struggle most?

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

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 _____.

LINDA BRUNO LindasWorkshops@gmail.com
www.LindasWorkshops.com ~ Online 1.0 ~ 11.25

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?

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

At work:

At home and/or in relationships:

With myself:
