



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

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15. _____.
16. Don't give up your . 2 _____
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 _____ 3 _____
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:
