



PSYCHOLOGY OF POSITIVITY

My Journey To Well Being

By Jill Albert





What Is Positive Psychology?

- ❖ Definition of Positive Psychology
- ❖ Difference between Positive Psychology and Conventional Psychology
- ❖ Scheme for Describing the Good Life
- ❖ Leads to Flourishing, Thriving and Growing
- ❖ Grandparents, Fathers and Founders of Positive Psychology
- ❖ The Nikki Story



THE ROADMAP OF POSITIVE PSYCHOLOGY

- ❖ Accepting our positive attributes
- ❖ Recognizing our character strengths
- ❖ Discovering our personal psychological make-ups
- ❖ Learning how we can increase the positive in our life
- ❖ Reinforcing the importance of gratitude



Psychology of Positivity Course Rewires

- ❖ POSITIVE INTRODUCTION
- ❖ WRITE YOUR OWN LEGACY
- ❖ SAVORING
- ❖ FUN VS. PHILANTHROPY
- ❖ GROWTH NARRATIVE
- ❖ MINDFULNESS
- ❖ POSITIVE THINKING
- ❖ CHARACTER STRENGTHS
- ❖ GRIT
- ❖ GRATITUDE VISIT AND LETTER
- ❖ WELLNESS
- ❖ PURSUIT OF HAPPINESS MOVIE



ACCEPTING OUR POSITIVE ATTRIBUTES AND RECOGNIZING OUR CHARACTER STRENGTHS

❖ REWIRE #1 - POSITIVE INTRODUCTION

When were we at our very best and how did it feel?

❖ REWIRE #2 - WRITING YOUR OWN LEGACY

How would we like to be remembered and how can we get there?

❖ REWIRE #8 - CHARACTER STRENGTHS

How can we use them in a new way to increase our well-being?

❖ REWIRE #9 - GRIT

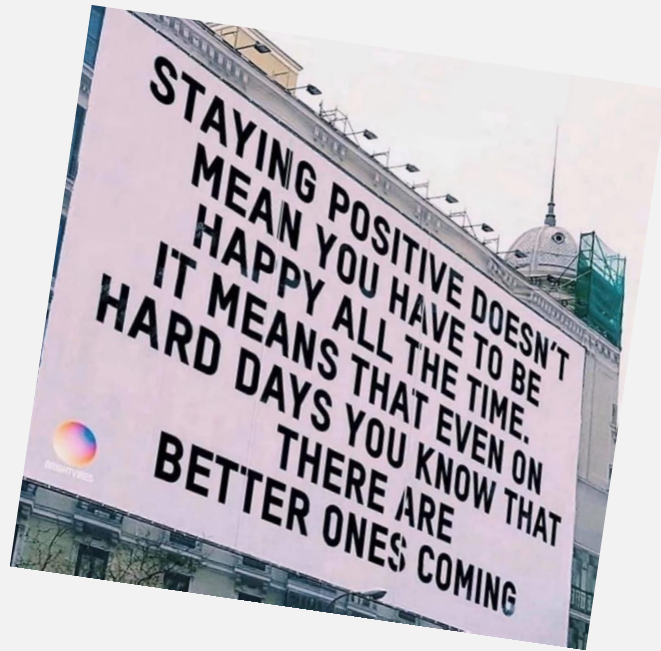
Are we GRITTY and why?



SOME DEFINITIONS

- ❖ CHARACTER STRENGTHS - Components of good character which is a family of positive dispositions
- ❖ GREATER PURPOSE - Having a more meaningful reason to use our skills and talents, GRIT, and our character strengths not only for ourselves but also for the welfare of humankind
- ❖ GRIT - A positive non-cognitive trait based on our passion and perseverance for a long-term goal, day in and day out, not just for the week or the month but for years
- ❖ GROWTH MINDSET - The belief that the ability to learn is not fixed and can change with your effort and allows us to build grit and respond to challenge

DISCOVERING OUR PERSONAL PSYCHOLOGICAL MAKE-UPS AND
LEARNING HOW WE CAN INCREASE THE POSITIVES IN OUR LIFE



- ❖ REWIRE #7 - POSITIVE THINKING
How can we stop letting the smallest of events throw us into a spiral of pessimistic thinking that lead us right into a bad mood?
- ❖ REWIRE #6 - MINDFULNESS
What exercises or techniques can we learn to practice mindfulness and how can mindfulness help us?
- ❖ REWIRE #3 - SAVORING
What experiences do we savor and how can savoring contribute to our well-being?
- ❖ REWIRE #10 - GRATITUDE VISIT AND LETTER
Write a letter thanking someone who has been especially kind to us, but we have never properly thanked. How did we feel? How did they react?

SOME MORE DEFINITIONS

- ❖ COGNITIVE THERAPY - Recognizing negative thoughts, empirically testing their accuracy, challenging them with proof otherwise, and questioning the success of the negative thoughts
- ❖ EXPLANATORY THINKING - How one explains the causes of bad events, either negatively or positively.
- ❖ POLLYANNA PRINCIPLE - When positive seems to be the default, when pleasantness predominates in thought
- ❖ POSITIVE AFFECTIVITY - The ability to experience and show certain emotions such as exuberance, enthusiasm and cheerfulness
- ❖ POSITIVE THINKING - A mental attitude in which you expect good and favorable results
- ❖ SELF-TALK - Confronting the voice that tells us we are not good enough, not attractive enough, not smart enough and rerouting the negative thoughts by replacing them with more positive, optimistic thoughts

SOME MORE DEFINITIONS

- ❖ COMPASSION - Sympathetic pity and concern for the misfortunes of others
- ❖ FLOW - The psychological state that accompanies highly engaging activities that are intrinsically enjoyable
- ❖ MINDFULNESS- An awareness that emerges through paying attention on purpose and being present in the moment with curiosity
- ❖ SAVORING - Our awareness of pleasure and our deliberate attempt to make it last
- ❖ UNCONDITIONAL POSITIVE REGARD- Basic acceptance and support of a person regardless of what the person says or does



FOUR MORE DEFINITIONS

- ❖ GRATITUDE - Appreciating the many good things in our life despite the negative
- ❖ HAPPINESS - Our goal. Contentment, delight, pleasure, satisfaction, cheerfulness, joyfulness, elation
- ❖ SELF-ACTUALIZATION - Becoming the best we can be
- ❖ VULNERABILITY - The state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.



