



Positivity 101 (How to be default positive)

Workshop Outline

Workshop Objectives:

- By the end of this workshop you will have learned skills, practices, guidelines, traits and activities to elevate your life and to keep your mindset consistently positive.
- By the end of this workshop you will have learned the basis of feelings, their frequencies and how to train your mind to lean towards positive thoughts/emotions and initial responses.

Audience

- 3 - 25 Participants
- Beginner

Workshop Housekeeping

- Come with an open mind
- Be alert
- Engage in all activities
- No cell phone use during class (Unless instructed otherwise)

Total Time

- 1.5 - 2 hrs.

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1. Self intro. & Workshop Intro.
 2. Intro. warm up exercise.
 3. Feelings & frequencies. (Each feeling gives off a “vibe”) **(Chart)**
 4. Body’s response to positive and negative emotions, sounds, words, thoughts.
 5. Where are you in the glass? **(Group exercise)**
 6. What does it mean to be positive?
 7. How to train your mind to be default positive & best practices to ensure your success.
 8. Main reasons people lean towards being negative.
 9. Traits and common activities of default positive people.
 10. Learning to be healthy detached.
 11. Living in a state of gratitude. **(Individual exercise on gratitude awareness)**
 12. Optimism is a skill.
 13. Guidelines for staying positive in your mind, life & business.
 14. Signs of negative/ pessimistic people.
 15. Shattering the belief of “Being optimistic means you’re not being realistic.”
 16. Recap of how to train your mind to be default positive & additional tips and techniques.
 17. Final workshop takeaways.
 18. Homework **(Purchase or create a gratitude journal/ routine)**
 19. Closing Q&A.