

EXERCISE AREA:

Opening & Starting | **Getting in Deeper** | Moving to Action | Energizer | Closing & Appreciation

Shifting a Negative Outlook via Journaling

Purpose:

- Moving a single person or an entire team from negative thoughts to positive tendencies.

Supplies:

- Paper and pen and time

Time:

- 2 Weeks, for a few minutes a day

Context:

- A huge variety of situations where one or more people are feeling negative, down, and unable to see the positive.

The Exercise:

For two weeks, keep a daily journal;

- Simply think of one or more really positive things that happened to you inside or outside of work in the last 24 hours, and write it/them down
 - Variation: Each day write down one or more positive things you accomplished at work that went well in the past 24 hours.
- After each of these items write down what you imagined might have gone wrong or happened in worse ways than it actually did.
- Variation: Kick-start the journaling process by starting the first entry by taking a look back at the past month or past year and focus on all the things that went well, and how they you thought they were going to go.