



# COURSE 1

## Me, Myself, & I: Mastering My Choices to My Best Self

### Lesson 4

### Positivity:

How good do I want to feel?



W O R K B O O K



**CHOICE** → Positivity : How good do I want to feel?



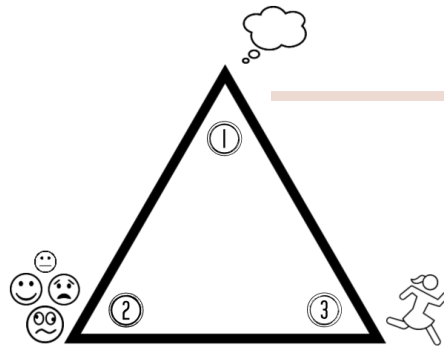
**TOOL** →  $\Delta$  (the “change” triangle)



**MANTRA** → When I **think** in my lane, I **encourage** my right brain.

POSITIVITY:  
How good do I want to feel?

Tool = the \_\_\_\_\_ triangle.



Insights, ideas, and notes...

POSITIVITY:  
How good do I want to feel?

🕒 10:18

“Positive is being in this most beautiful, thriving,  
\_\_\_\_\_ state.”

🕒 10:36

“Negativity- an attitude that always expected such  
negative things \_\_\_\_\_ .

🕒 11:29

1. \_\_\_\_\_ is it?
2. \_\_\_\_\_ you need it?
3. \_\_\_\_\_ prevents us from achieving it?

Insights, ideas, and notes...

## POSITIVITY: How good do I want to feel?



Top ½ are

Bottom ½ are

Insights, ideas, and notes...

POSITIVITY:  
How good do I want to feel?

“Our brains were designed to \_\_\_\_\_.”

1. \_\_\_\_\_ormones

>*Hormone Horoscope app & Female Forecaster app*

2. \_\_\_\_\_leep

3. \_\_\_\_\_iet

4. \_\_\_\_\_ovement (not mentioned in video)

Insights, ideas, and notes...

POSITIVITY:  
How good do I want to feel?

“Change follows the focus of your \_\_\_\_\_.”

-Marcus Buckingham

\_\_\_\_\_ % of thoughts are negative

\_\_\_\_\_ % of thoughts are repetitive

Metacognition means to \_\_\_\_\_ about your thinking.

Insights, ideas, and notes...

## WHAT'S NEXT?...

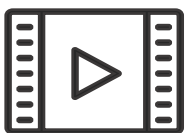
☐

Complete the  
“Pause & Practice” page.

### **Lesson 5: Belief:** **How can I empowered can I live?**

☐

Print the lesson workbook.

☐

Begin when you are ready!