

PRACTICAL TIPS TO REFRAME FOR AN OPTIMISTIC OUTLOOK

Embrace Positive Psychology in Action through the PPP Framework

CHANGE YOUR NEGATIVE THOUGHT HABITS TO GAIN MORE OPTIMISM

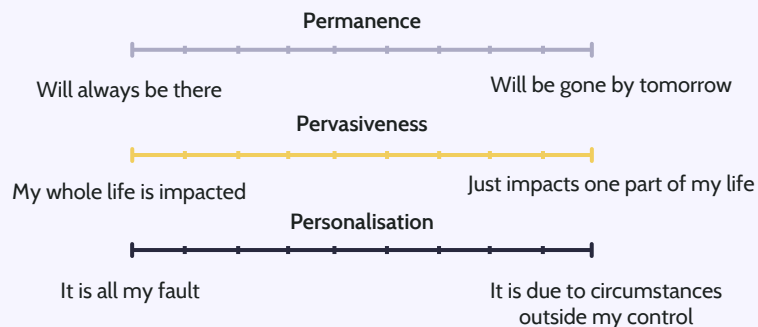
01

Take notice of your thoughts.

02

Apply the PPP framework by choosing where on each scale this event is for you in the moment.

Seligman, M. (2011). *Learned Optimism*. William Heinemann Australia.



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03

Reassess your beliefs and adjust your initial thinking.



PAYING ATTENTION TO LANGUAGE

01

During your regular work meetings with your team, pay attention to the language you use when responding.

02

Take note of the type of thoughts you are having regarding the use of positive versus negative language.

03

Practice turning this on its head in your meetings.

	DOES	DON'TS
EXPAND OR CONTRACT	Expand the person or the idea May or may not expand conversation Leads to positive affect	Contracts the person or the idea Often makes meetings longer Leads to negative affect
POSITIVE OR NEGATIVE	Commenting on positive elements Celebrating success Solutions focused	Focused on negative elements Focused on past / why not Problem focused
TELL OR ASK	Asking questions "How do you see that working?"	Making statements "That won't work"

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