

JOURNAL:

What words would someone who knows you well (family, friend, co-worker, teammate) use to describe you when you're at your best?

How have these strengths served your performance and well-being? Give specific examples.



USING THE FOUNDATIONAL ATTITUDES OF MPEAK OUT OF BALANCE

Foundational Attitude	<i>Underplayed</i>	<i>Overplayed</i>
Open	Closed, rigid, judgmental, narrow-minded	Lack of discernment and boundaries, gullible
Courage	Timid, "wimpy", fearful, hesitant	Dangerous, risky, reckless, oblivious, irresponsible, hasty
Non-Attachment	Attached, identified	Indifferent, un-committed
Balanced Effort	Helpless, "quitter", sluggish, lazy	Striving, ruthless, pushy, driven
Focus	Distracted, pre-occupied, confused	Narrow, myopic, exclusive
Compassion	Narcissistic, selfish vain, righteous	Enabling, push-over, martyr
Disciplined	Distracted, reactive, "weak-willed"	Hyper-vigilant, controlling



EXERCISE: STRENGTHS OUT OF BALANCE

How have your strengths become weaknesses? Be specific.

What is the impact or cost to your performance?

What is the cost to others around you?



TOPIC, EXERCISE AND JOURNAL : GRATITUDE

Another well-researched positivity practice is that of gratitude. According to Professor at UC Davis and expert on the science of gratitude, Robert Emmons, "People who are consistently grateful have been found to be relatively happier, more energetic, and more hopeful and to report experiencing more frequent positive emotions. They also tend to be more helpful and empathic, more spiritual and religious, more forgiving, and less materialistic than others who are less grateful. Furthermore, the more a person is inclined to gratitude, the less likely he or she is to be depressed, anxious, lonely, envious, or neurotic."

The practice of gratitude sharpens your attention for the good and the positive in your life, which helps you appreciate things that you'd otherwise take for granted. This power of gratitude is so profound that by simply writing and delivering a thank you letter to someone expressing why you're grateful for them and the impact they've had on your life, there was a reported increase in their level of well-being that lasted for up to two months.

When participants in an MRI reported feelings of gratitude, their brains showed activity in a set of regions located in the medial pre-frontal cortex. This area of the brain is associated with understanding other people's perspectives, empathy, and feelings of relief. This is also a primary area of the brain that is connected to the systems in the body and brain that regulates emotion and supports the process of stress relief.

Write down 10 things you're grateful for in this moment. These can be small and insignificant things that you usually overlook, including people, places, things and feelings, or states of mind

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10



- *Now read your list, one at a time, spending a few moments savoring each.*
- *Watch the thoughts, images, emotions and feelings that come up as you reflect.*
- *Allow the feelings of gratitude to wash over you. And if you don't feel anything warm or fuzzy, that's ok too. You can't force a feeling. Gratitude is a muscle and the intention to feel has value even if you don't feel it now.*

What is the experience of gratitude like in your mind, body and heart?

Were there any challenges with the practice? How did you work with them?

How might being grateful impact your performance?

