

How to Turn Positivity ON

Positivity is those juicy feel good vibes. You know you're in a state of positivity when you feel joy, peace, serenity, hope, gratitude, awe, amusement, love, inspiration, fascination, pride and interest. According to the research, when you are feeling more *positivity vibes* it indicates a life of flourishing – including health and well-being, higher confidence and motivation, a broader mind and deeper more meaningful connections with others and so on. (Please see the *Benefits of Positivity PDF* for more.)

There are many benefits to activating positivity so it is recommended to, ON PURPOSE, cultivate positivity daily.

But what does it mean to ACTIVATE POSITIVITY? How is it possible to turn Positivity ON?

- Flick the switch to turn *positivity* on.



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It's easy to flick on positivity. It's as easy as flicking on a light switch.

The process: 1st – become aware of your thoughts and feelings, 2nd – choose thoughts and feelings that make you feel good. In this worksheet we're going to focus on the things you can do to ACTIVATE POSITIVITY. **Please note: There are many ways to Activate Positivity – as you'll see throughout this course – so if you need ideas feel free to cheat. ☺

- Think or do something to generate positivity.
- Add new habits in your daily routine.

What makes you feel	What can you do to Activate this form of Positivity daily?
Love	
Hope	
Joy	
Inspiration	

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Awe	
Interest	
Gratitude	
Pride	
Amusement	
Serenity	

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What form(s) of positivity are you most familiar with? (Which form do you naturally use most?)

Where can you easily fit more Positivity in your day?

How much more positivity do you think you need to get a higher positivity ratio than negativity?