



Discover concepts to **rewire** your brain so you can dial up your **“Positivity Meter”** and live a **happier**, more **productive** life and build stronger, more meaningful **relationships**.



Why?

Lets face it; negativity is a part of life and all around us. Negative emotions like anger and resentment can cause unhealthy stress levels in the body, affect your sleep and impact your interactions with family, friends and co-workers. On a larger scale, negativity can spread like an insidious infection throughout organizations and decrease productivity, morale and employee engagement.

Unfortunately, all of us are hard-wired for negativity but the good news is we can learn new ways to react and deal with everyday stresses. Research shows that people with a positive attitude enjoy a richer, fuller life.

They are:

- Healthier,
- More creative, energetic and engaged with life
- Have better relationships with family and friends
- Live longer
- And are overall happier

What?



Our level of optimism and positivity is a complex mix of genetics, how we react to our world and our life circumstances. Our DNA determines about 50% of our disposition for positivity, 40% is influenced by how we view and react to things that happen to us and the remaining 10% is what actually happens to us in life. We can't change our DNA, but we can change how our brain processes and interprets life. It is called neuroplasty, and it is a way we can train our brain to overcome negative thoughts. We can dial up our positivity meter by adopting new thought patterns, behaviors and actions that shift our focus from the negative to the positive. Like any habit, it can take time, but you can practice positive emotional qualities to build your positivity muscle.

How?

Rewire your brain! Keep an "Everyday Joy" journal. The simple act of taking a few minutes each night to reflect on your day, recall the good points and jot them down goes a long way to shift the focus from the negative to the positive. "Everyday Joy" comes from positive feelings: feeling grateful, accomplished, generous and proud. These positive feelings counteract those negative feelings that can work against you: feelings of envy, inadequacy feelings or jealousy to name just a few. Research shows that it takes 3 positive events to counteract 1 negative, so the cards are stacked against us. But if we tune in to the positive and take note, we can shift the balance even at 3:1 odds. At the end of this document is a template you can print off each month to help accomplish this.

Things to focus on each day:

1 Happy Thoughts

I like to call these "my highs" you know those moments that just make your heart smile! For example: watching your child sleep, or enjoying a beautiful sunrise. Going about our day and seeking out little joy breaks or those little moments of wonder makes all the difference. Recall happy thoughts and jot them down.

2 "Way to Go!" Moments

It is important to recognize, acknowledge and celebrate life's victories even the small ones. Think back on your day what is something you were proud of; something that you can pat yourself on the back and say "Way to go Me!" Jot down a few key words.

3 Being Grateful

By focusing on the things that we have to be grateful for, we can bring more positivity into our lives. Every day there are small blessings that come into our life. These don't have to be big things it could be something like a phone call from a friend. Jot down a few descriptive words of those things you are grateful for.

4 Random Acts of Kindness

What little things did you do today to bring a smile to someone else? For example: Running an errand for a coworker on your lunch hour, visiting a sick neighbor, complimenting someone, or being there for a friend. These small tokens of "paying it forward" are not only blessings to someone else, they make you feel good as well. Jot down a few descriptive words.

5 Feeling Accomplished

It takes 21 days to form good habits! It takes repetition and practice. Tracking successful days can build confidence and make them stick. List 1-3 habits that you would like to make a part of your routine. For example: "Wear my retainer every night, take my calcium chew everyday and clean my desk off each night before I go home". There are 3 spaces in the template to write down a word or two for each habit and check off the days as they are accomplished. Miss a day? Don't beat up on yourself, tomorrow's another day! 😊

Examples



Month: May

Day	Activity	Week 1	Week 2	Week 3
Monday	What made me smile today:	<i>Seeing my 17 year old "baby boy" sleeping</i>		
	What am I proud of today:	<i>Completing weekly to-do list</i>		
	What I am grateful for today:	<i>Beautiful sunset tonight</i>		
	How I paid-it Forward:	<i>Helped my friend with her tax questions</i>		
	Good Habits: 1) <i>Retainer</i> 2) <i>Calcium chews</i> 3) <i>Clear desk</i>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/>

Make the Choice – fear closes down our minds and our hearts but positive emotions open them up. You can choose to be more positive! To help you put “Productivity in Practice”, I have included a printable template on the last 4 pages of this document. You can simply print off the last 4 pages each month so that you can jot down notes each day. Most importantly, when you track good things in your day, you will not only start to recognize them... You will also start to ANTICIPATE them!

Directions:

Start on whatever day of the week it is and work down that week’s column. Then shift over to the next week’s column. (down - left to right)

Good luck and best wishes in your journey. If you have any questions along the way, feel free to drop me a line at jill@jilldrumsmond.com

Jill Drummond
 Founder of Positivity in Practice
www.jilldrumsmond.com



Month: _____

Year: _____

Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

When you track good things in your day, you will not only start to recognize them...

You will also start to ANTICIPATE them!



Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Tuesday	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Wed.	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Thur.	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Friday	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Day	Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday	What made me smile today:					
	What I am proud of today:					
	What I am grateful for today:					
	Random Acts of Kindness:					
	Good Habits: 1) 2) 3)	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Done <input checked="" type="checkbox"/> : <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

