

Learning Journal Units 3 & 4

What is a positive attitude?

A positive attitude is a mindset that focuses on the good in a situation and maintains a belief in the ability to overcome challenges. Rather than procrastinating, a positive person takes action. In my own life, I've overcome a tendency to put off tasks by developing a "Yes I Can" attitude. I now focus on completing work within the allotted time, no matter how tight the deadline.

To what extent do you have it?

I have a strong positive attitude that helps me persevere through even the most challenging tasks. My "Yes I Can" motto is my constant reminder that I'm capable.

If you have a positive attitude, what actions might you display?

My positive attitude helps me take on leadership roles and motivate others. Although I sometimes like to gather additional information before presenting my input, this practice allows for the best possible outcome and helps me value my team members' opinions.

How do you communicate it?

I communicate my positive attitude by listening carefully to others and understanding their perspective. This helps me tailor my responses thoughtfully and avoid unintentionally hurting anyone's feelings.

What does a positive attitude "look" like to others?

My "Yes I Can" attitude inspires trust in my team members. It helps them develop confidence in my opinions and plans, assuring them that we can successfully execute any project together.

How do we differ in expressing our respective positive attitudes?

People express positivity uniquely, both verbally through encouraging words and non-verbally through positive body language and actions.

How are we the same in expressing positivity?

Genuine positive attitudes have the power to motivate and inspire those around us, regardless of the specific means used for expressing them.

What is a negative attitude?

A negative attitude involves consistent pessimism, focusing on problems instead of seeking solutions, and expecting bad results. It can manifest through complaining, cynicism, blaming others, defensiveness, and giving up easily.

If you have a negative attitude, what actions might you display?

I maintain a positive mindset, focusing on my ability to accomplish even the most difficult tasks.

How does your communication look like?

My communication style is calm and adaptable to any situation.

What does a negative attitude “look” like to others?

While I don't exhibit a negative attitude, I recognize that even a well-intentioned positive mindset can sometimes be misconstrued. It's important to remember that perception is subjective. We can only control our own positive approach.

How would you teach others to be more enthusiastic and motivated?

I would emphasize the importance of living in the present moment, not dwelling on the past or worrying about the future. A positive approach will help us tackle every task to the best of our ability.

Which exercise from the NVC document would you choose to teach a group of people? Why?

I would choose Exercise 2 – Exercise on Observation. This exercise helps people recognize how their judgments can cloud their communication. Working together to make different observations within a shared space challenges participants to reconsider their assumptions and view the world with a fresh perspective. “Judgments make our communication 'violent'. But, it's not possible not to make judgments!” (SNEHA & Nuty, A Training Manual on Non Violent Communication 2011)