

## Positivity Action Plan

You may find it helpful to take a few notes on each of the 21 tactics to help you remember each one.

### Reducing Negative Thoughts

- Try playing worst, best, and most likely case
- Refute negative thoughts
- Change the story

### Increasing Positive Thoughts

- Keep a gratitude journal
- Put together a positivity portfolio
- Find a trigger in your environment

### Creating a Positive Environment

- Change your physical space
- Take a movement break
- Take a social media sabbatical

### Nurturing Positive Relationships

- Active constructive response
- Make more positive comments than negative ones
- Consider random acts of kindness

### Building Positive Habits

- Balance work and play
- Find joy in work
- Leverage your innate strengths

### Responding to Negative People

- Practice empathy
- Practice distance
- Model and redirect

# Navigating Tragic Times

- Watch for extreme language
- Create space for stages of grief
- Focus on meaning, relationships, and successes

Once you’ve watched the course, use this action plan to record your experimentation with the various approaches.

Tactic	Dates of two-week experimentation with the tactic	Your experience while using

Our community of Positive Paulas would love to hear your experiences. Join the course discussion group.

[Learn how to join LinkedIn and the discussion group here.](#)