

Glossary

Use these terms and definitions below to understand concepts taught in the course.

Transcript Search: note that you can search for terms directly within the course. To search video text, switch to the *Transcripts* tab, then press Cmd/Ctrl + F on your keyboard to run a search within the active transcript.

Term	Definition
affirmative bias	A mindset that focuses on positive aspects of one's environment, rather than dwelling on negative or unpleasant things
balance	One of the keys to remaining positive is finding a manageable balance between work and play. Having a good work ethic does not mean you work constantly and never stop. Finding balance is absolutely critical to maintaining a positive attitude.
distance	When someone is persistently negative, in order to preserve your own positivity, you may need to seek some physical space from that person.
empathy	Sometimes, the best way to handle negativity from someone else is to simply listen and understand what the other person is feeling. Being empathetic doesn't involve fixing the problems the other is experiencing, but rather validating the emotions.
Losada ratio	A data-supported recommendation (named after the researcher whose work led to this conclusion) to make five positive to every one constructive comment when providing feedback to someone. Using this method allows you to develop a positive relationship, but also communicate necessary constructive criticism.
positivity portfolio	A physical collection of items and affirmations that can be used to help inject more positivity into your daily life. Having something you can physically see or touch that reminds you of good things in your life can be a huge positivity booster.
redirect	A tactic for dealing with persistently negative people in which you steer the conversation toward more positive items
social media sabbatical	A set period of time in which you actively avoid using social media, and instead increase your positivity by being present in the moment and enjoying what is around you