

Session #5: Positivity

POSITIVITY – is a wide range of positive emotions – not just being happy. It's an optimistic attitude that triggers positive emotions, open minds, and relaxed limbs. Like negativity, it has a long-term impact on your character, relationships, communities, environment, and personal trajectory – and it shapes our souls. *Positivity comes from your mind.*

How do we coach it? By helping them realize that it's a choice and a tough mental practice. They will begin to recognize how a positive mindset makes people stronger and more effective.

Objective: Understand the meaning of POSITIVITY, how to practice it, and the impact it has on success.

AGENDA (~60-90 min)

I. Welcome and Review of Agenda

II. Check-in

1. Around the horn - Introduce yourself: first and last name, high school/employer.
2. Give an update on how your life is going at the moment.
3. Describe something that recently went well for you.

III. Discussion Questions (Coaches choose based on preference and time available)

1. How does POSITIVITY (or negativity) come into play in sports? How does it affect your game?
2. Which of the 10 Quotes was your favorite? Why do you think it resonated with you?
3. From the "Getting Stuck in the Negatives" video: Do you know someone who gets stuck in the negative? Why do you think that happens? What's the impact on you and others?
4. Amy Morin said there are three "Destructive Beliefs" that hold you back - "Unhealthy beliefs about yourself / others / and the world". Which one do you think you tend to have? How does it affect you and is there a way to change it?
5. In his video, the Co-founder of 'Life is Good' explains that they built a business around 'Optimism'. Is that a company you think you'd like to work with? Why?
6. Which of the first three Handshake America Practices (Perseverance, Passion, Positivity) do you think is most represented in Nike's 'Never Too Far Down' video? What image do you remember or like the most and why?

Check-out

1. What did you learn from the study and discussion of Positivity?
2. What will you take away and/or do differently to practice Positivity?

Checklist

- Did we achieve our Objective?
- Announcements / Next Meeting Date/Time/Location
- Take a Fun / Creative Team Photo
- **All Students & Coaches** Complete Post-Session Survey, link below (<2 min)
- **One Coach** Submit [Coach Check-Out Form](#) (<2 min) (*Session Attendance, Team Photo, and Next Meeting Date/Time/Location*)

Post-Session Feedback

Surveys are to be completed within 24 hours of meeting completion

Please share your Positivity Session Feedback via this brief survey - [Positivity Survey](#)

[COACH CHECK-OUT FORM](#) (*only submit one per Team meeting*)