

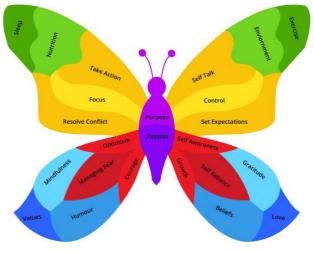




#### Building a Resilient Mindset One Day at a Time



### Module Two Emotional Resilience



Optimism Workbook



Six seconds ©

## "If you believe you can or you believe you can't, in either case you are right" Henry Ford

#### **Negativity** Bias

- Bad@news
- Angry faces
- Problems
- Threats
- Assume@he@worst



| For the next week, start paying attention to your negativity bias. | Where does it show up? |
|--|------------------------|
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| How does it impact what you are doing, or trying to do?   |
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| When it shows up, how do you turn it around? Write down all the ways you tackled it.                                      |
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| When you practice being more optimistic, how did that impact your week, your interactio your relationship, anything else? |
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# When you are frustrated with a situation answer the following questions

What is another way to look at this?
What are some other things to try?
Is this a permanent or temporary frustration?