

The Resiliency Project

Session 3 Homework



Maintain a Positive Outlook

As part of today's program, we recommended you use one or more of the following proven techniques for gaining and maintaining a positive outlook:

- Taking charge of your outlook at the beginning of your day.
- Counting your blessings.
- Repairing your negative outlook with positive self-talk.
- Becoming more proactive by setting realistic goals, planning your work, and working your plan.
- Choosing to see change as opportunity.
- Surrounding yourself with positive people.

Your homework assignment is to:

- Pick one of these techniques that you would be willing to commit to making a habit by practicing it at least once a day, every day, between now and our next session.
- Record the impact it had on your outlook. Did the new habit improve your outlook and, if so, to what extent?

Please be prepared to share you results with the other participants at our next session, April 10.

