MAINTAINING A POSITIVE OUTLOOK

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

**Definition:** The goal of Maintaining a Positive Outlook is to assist you in developing a positive mind frame that will allow you face adverse condition and stressful situations.

Maintain a Positive Outlook
1. Develop a Plan.
2. Gathering resources.
3. Implementation.
4. Outcome.
5. Re-asses.

**Key Principles**

- **Negative outlook:** Promotes unhealthy and unhelpful working/personal environment.

- **Know alternate forms of assistance:** Seek resources providing positive opportunities, battle buddy system, supervisors, BOSS program.

- **Self-Worth:** Know your plan, execute it, seek self improvement.