



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.