

WorkLife4You

# The Power of Positive Thinking



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

# Objectives

- Background/History
- Pursuing Happiness
- Persuasive Reasons
- Best Practices
- Role Models
- Must Do's and —~~bw~~ To”
- Case Studies
- Power of Praise



# Background/History

- Norman Vincent Peale
  - 1898 – 1993
  - Author of —“Positive Thinking”
  - New York Times Bestseller 186 weeks
- Maslow and humanistic psychology
- Dr. Martin Seligman
  - University of Pennsylvania Positive Psychology Center
  - Past President of American Psychological Association



# Pursuing Happiness

- Developing new interests
- Self respect
- Smiling
- Kindness
- Focus on what you are good at
- Laugh
- Jump Rope, Dance or Listen to upbeat music



# Persuasive Reasons

- Positive thinking is powerful!
  - Positive thinking moves ourselves and lives in a direction that solves problems and benefits us and our support systems
  - You will set goals, and achieve them more easily
- Re-wire your brain to think differently
- It is contagious!!!



# Best Practices

- Start with 5 positive affirmations every morning
- Expect good events to come
- Speak positively: —~~can~~”, —~~will~~”, —~~It~~will get done”, —~~I~~am able to lose the weight”, —~~I~~ rock!”
- Filter and re-write negative thoughts
- Reframe your thoughts
- Dream, Hope and Anticipate



# Role Models

- **J.K. Rowling** – Author of Harry Potter books, manuscript was turned down several times before being accepted – she became a multi-millionaire within 5 years of publishing her first book.
- **Kurt Kuehn** – started his career at UPS as a driver's helper during the holiday season. Recognized for his hard work and positive attitude, UPS paid for him to finish his MBA and 10 years later was promoted to Chief Financial Officer of UPS .
- **Michael Jordan** – Considered the best all time basketball player was told his sophomore year in high school that he was too short to play – he did eventually make the team and the following year he grew 4 inches.



# Case Studies

- **Company 1: Zappos**
  - They value fun and —being a little weird”
  - Offers money to leave the company
  - Fast shipping, no cost return
- **Company 2: Microsoft**
  - Strong feeling of trust in the environment and culture
  - Employees appreciate perks such as flexibility, teleworking,
  - Very innovative which helps job engagement



# Case Studies (con't)

- **Company 3: Cisco**
  - CEO reach's out to ALL employees frequently to share direction and ideas on a companywide intranet
  - Takes pride in a culture focused on communication and collaboration
- **Company 4: Starbucks**
  - All employees are referred to as —partners”
  - Even employees working 20 hours a week are offered a generous benefit package
  - Encourage —partners to make suggestions for the company and take these suggestions seriously



# Power of Praise/Gratitude

- Motivating
- Builds strong ties
- Opens up others to new ideas
- Creates a warm culture
- Promotes growth
- Just plain feels great!



# Must Do's

- Commit to real change in the way you think and act
- Set specific, manageable goals to build momentum
- Practice re-thinking situations until positive thinking is habitual
- Teach the negative people in your life by example
- Do, Think, and BE!
- Even and especially when times are the hardest, accentuate the positive



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

# How to be a Positive Thinker

- Be Aware!! - Identify what you think negatively about, and then analyze and evaluate your thoughts!
- Practice gratitude... write thank you notes!
- Start every day by setting goals for yourself
- Keep a diary to help you reflect and see your thought process on a daily basis
- Try new things...explore your own personal creativity
- Have persistence
- Be a leader
- Have fun and laugh – try laughter and yoga
- Eat right and exercise



# WorkLife4You Resources

## WorkLife4You web site

[www.WorkLife4You.com](http://www.WorkLife4You.com)

- **Emotional Health Web Service**
  - Stress & Coping Library
  - Self-Improvement Library
- **Interactive Quizzes**  
Self-Esteem Test, Lifestyle Test, Anxiety Test, Depression Test, Patience Test
- **Audio Tips and Podcasts**  
Change in Uncertain Times, Depression
- **HTML Articles**
- **On Demand Webinars**  
Resiliency: How to Bounce Back from Adversity, Stress Management with Humor, Happiness, Letting Go of Worry and Anxiety, The Positive Effects of Self-Esteem on Performance
- **WorkLife4You Guides**  
The Power of Positive Thinking, Happiness, Stress Management, Stress Management for Customer Service Representatives
- **Related Web Sites**



# Let WorkLife4You Make Your Life a Little Easier!

**Contact WorkLife4You 24/7:**

**1-877-WL4-NOAA (1-877-954-6622)**  
(TTY 800-873-1322)

**<http://www.worklife4you.com>**

— Look for the Member Login box  
— Not a registered member yet? Follow  
the **–Start Now**” link and enter  
Registration Code: **noaa**





**Improving the health, safety, and productivity of our federal employees.**