



T H E P O W E R O F
POSITIVITY

O N L I N E R E S O U R C E P A C K E T

*Presented by:
Susan MacDonald, Inspiring New Perspectives*

Website: www.inspiringnewperspectives.com

Email: inspiringnewperspectives@gmail.com

Facebook: <https://www.facebook.com/InspiringNewPerspectives/>

Twitter: [@inspiringnew](https://twitter.com/inspiringnew)

Linkedin: <https://www.linkedin.com/in/susan-macdonaldinspiringnew>



POSITIVITY QUOTES

“Positivity opens us. The first core truth about positive emotions is that they open our hearts and our minds, making us more receptive and more creative.” – *Barbara Fredrickson*

“...positive emotions allow us to discover and build new skills, new ties, new knowledge, and new ways of being.” – *Barbara Fredrickson*

“Instructions for living a life: Pay attention. Be astonished. Tell about it.” – *Mary Oliver*

“Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has.” – *Margaret Mead*

“Thoughts are magnetic. What we think about we attract.” – *Jon Gordon*

“If you are complaining you can't be thinking about or creating what you do want.” – *Jon Gordon*

“Our work is the tool for self-expression and contribution. When we are aligned with our purpose, that is, sharing our true self ‘on the job,’ we feel a sense of joy and fulfillment.” – *Bruce D. Schneider*

“Your positive energy and vision must be greater than anyone's and everyone's negativity. Your certainty must be greater than everyone's doubt.” – *Jon Gordon*

“Dust on gold doesn't change the nature of the gold. It's still gold...the key is to realize that inside everyone is gold that wants to shine. The value is on the inside. Help them find their gold.” – *Jon Gordon*

“Your children will become what you are; so be what you want them to be.” – *David Bly*

“When you are clear about purpose and intention, the universe seems to come rushing to your side to support you and synchronicities happen all around you.” – *Alan Seale*



KEY QUESTIONS TO INSPIRE POSITIVE DIALOGUES

- What brings you joy and sense of satisfaction in your daily work?
- What is one story from your classroom that captures what you are most proud of as an early childhood educator?
- Over the last six months, when have you felt most alive and electrified by your work? What made this experience so exciting for you?
- What motivates you to do your very best?
- If you were to be given an award for your teaching, what would it be for? What specific skills would have helped you to win this award? Who do think would have nominated you: parents? Co-teachers? supervisor? community organization?
- What do your colleagues typically ask you for help with? What skills or talents do you feel you share with your colleagues on a regular basis?
- What is your perfect workday, from the moment you arrive until you leave at the end of the day? Share as many details as you can.
- What is something you accomplished in the past that you're proud of?

TWENTY EMPOWERING QUESTIONS



- What would you like to learn to do really well?
- What brings you joy?
- What gets you truly excited about your professional work?
- What motivates you to do your very best?
- What do you want to spend more of your time doing each day?
- How can you make the best of this situation?
- What is the most effective thing for you to focus on?
- What do you need to be successful in this program/classroom?
- Why do you get up in the morning and come to work?
- Who is a role model for your work as an educator, and how have they influenced your teaching?
- What would you do differently next time?
- What would make your professional life more enjoyable for you?
- How would you describe your future in three words?
- How can you share your gifts and talents?
- What is your intuition telling you about this situation?
- How can you make your work more fun?
- What do you need more of?
- How do you celebrate success?
- What are you seeing that I am not?

Adapted from: MacDonald, Susan. Inspiring Early Childhood Leadership: Eight Strategies to Ignite Passion and Transform Program Quality. Lewisville, NC: Gryphon House, 2016. Page 11



QUESTIONS FOR REFRAMING DIFFICULT CONVERSATIONS

1. What strengths does this situation/person have, and what is good about it/him or her?
2. What do I like about the situation/person?
3. What do I stand to learn or gain from this?
4. In what ways will my life be better after having worked through this?
5. Who do I know who deals well with these types of situations, and what can I learn from him or her?
6. When was a time in the past when I dealt successfully with a similar situation, and what can I apply from that?
7. What are my greatest strengths, and how can I use them to help me in this situation?
8. What are two good things that could possibly come out of this?
9. How does this situation make me appreciate other people in my life even more?
10. How will the learning from this situation spill over into other areas of my life?

Adapted from: The Joy of Appreciative Living by Jacqueline Kelm



CREATING A VISION STATEMENT



STEP ONE: REFLECTIVE QUESTIONS TO GUIDE YOUR VISION

Use these questions to guide you in writing down your thoughts about your professional vision:

1. What is it that I want to create?
2. Why do I want that? (Be very clear and specific)
3. What parts of my gifts and talents am I using fully? What parts of my gifts and talents are lying dormant or only partially developed and utilized? How do they need to “kick in” for the full realization of my vision?
4. What am I willing to stand up and claim that I must be, do or have in my professional life, no matter what?
5. As I begin to build my vision, are there others that I must motivate and excite in order to fully accomplish that vision? Who are the other people who will play a role in my success?
6. How can I continue to build a sense of momentum and energy focus toward my vision?
7. What resources including time, talent, money, and other people, are going to be necessary to manifest my vision?
8. Are those resources readily available to me, or must I find or create them? What is my plan?
9. In what ways do I need to step more fully into my power?
10. When I am no longer working in this role, what do I want people to remember about me? In light of how I want to be remembered, are there things I need to change about my work today?

Questions Adapted from: Seale, Alan. Soul Mission, Life Vision: Recognize Your True Gifts and Make Your Mark in the World. Red Wheel, 2003

STEP TWO: CREATE A VISION BOARD!

1. To create your vision board, you need to imagine that it is (insert date three to six months in the future), and you are fully engaged in your professional work in inspiring and engaging ways.
2. Using an 8x10 piece of paper, illustrate exactly what is happening in your vision. You can use magazine cut-outs, words, cartoons, drawings, or photographs to illustrate your vision.

THE POWER OF POSITIVITY

RESOURCE LIST

Prepared by: Susan MacDonald, Inspiring New Perspectives
Website: www.inspiringnewperspectives.com

Articles:

Cook, Andy and Moore, Margaret. *What You Need in a Crisis: Psychological Capital*. Institute of Coaching Website. Post Date: Marc 19, 2020

Fredrickson, Barbara. *Are You Getting Enough Positivity in Your Diet?* Greater Good Magazine, Greater Good Science Center at UC Berkeley. June 21, 2011
https://greatergood.berkeley.edu/article/item/are_you_getting_enough_positivity_in_your_diet

Neugebauer, Roger. *12 Reasons People Love to Work for You*. Exchange, November/December 2015
<https://dcf.wisconsin.gov/files/ccic/pdf/articles/twelve-reasons-people-love-to-work-for-you.pdf>

Sime, Carley. *A Positive Psychology & Coaching Tool Your Team Needs*, Forbes, May 28, 2019
<https://www.forbes.com/sites/carleysime/2019/05/28/a-positive-psychology-coaching-tool-your-team-needs/#4a8cd1cd3c86>

Books:

Chapman, Gary D., and Paul E. White. *The 5 Languages of Appreciation in the Workplace: Empowering Organization by Encouraging People*. Northfield Pub., 2012

Coyle, Daniel. *The Culture Code: The Secrets of Highly Successful Groups*. Bantam Books, 2018.

Digh, Patti. *Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*. Guildord, CT:Skirt, 2008

Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Random House, 2006

Fredrickson, Barbara L. *Positivity: Top-Notch Research Reveals the 3-to-1 Ratio that will Change Your Life*. New York: Three Rivers Press, 2009
<http://www.positivityratio.com/index.php>

THE POWER OF POSITIVITY

RESOURCE LIST

Books:

Gordon, Jon. *The Energy Bus*. Wiley and Sons, 2007. <http://theenergybus.com>

Hanson, Rick, Ph.D., *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. New York, NY: Harmony Books, 2013

Kelm, Jacqueline. *The Joy of Appreciative Living: Your 28 Day Plan to Greater Happiness Using the Principles of Appreciative Inquiry*. Mooresville, NC: Venet Publishing, 2014

Kieves, Tama. *Inspired and Unstoppable: Wildly Succeeding in Your Life's Work*. Tarcher/Penguin, 2012. <http://www.tamakieves.com>

MacDonald, Susan. *Inspiring Early Childhood Leadership: Eight Strategies to Ignite Passion and Transform Program Quality*. Lewisville, NC: Gryphon House, 2016

MacDonald, Susan. *Inspiring Professional Growth: Empowering Strategies to Lead, Motivate, and Engage Early Childhood Teachers*. Lewisville, NC: Gryphon House, 2019.

Marturano, Janice. *Finding the Space to Lead: A Practical Guide to Mindful Leadership*. New York: Bloomsbury, 2014

Seale, Alan. *Soul Mission, Life Vision: Recognize Your True Gifts and Make Your Mark in the World*. Red Wheel, 2003

Stavros, Jackie and Cheri Torres. *Conversations Worth Having: Using Appreciative Inquiry to Fuel Productive and Meaningful Engagement*. Oakland: CA. Berrett-Koehler Publishers, Inc. 2018

Sturt, David, Nordstrom, Todd, Ames, Kevin, and Beckstrand, Gary. *Appreciate: Celebrating People Inspiring Greatness*. O.C. Salt Lake City, Utah: Trainer Institute Publishing, 2017

Verheijen, Luc, Tjepkema, Saskia and Kabalt, Joeri. *Appreciative Inquiry as a Daily Leadership Practice*, Taos Institute, 2020

Whitney, Diana, Kaplin et al. *Appreciative Leadership Focus on What Works to Drive Winning Performance and Build a Thriving Organization*. McGraw-Hill, 2010

THE POWER OF POSITIVITY

RESOURCE LIST

Videos

Barbara Fredrickson – Positive Emotions Transform Us
<https://www.youtube.com/watch?v=hKggZhYwoys>

Benjamin Zander – How to Give an A
<https://www.youtube.com/watch?v=qTKEBygQico>

Carol Dweck - The Power of Believing that You Can Improve. TED Talk by
https://www.youtube.com/watch?v=_XomgOOSpLU&t=15s

Dewitt Jones – Celebrate What's Right with the World
https://www.youtube.com/watch?v=gD_1Eh6rqf8&t=1s

Jack Canfield - How to Create a Vision Board
<https://www.youtube.com/watch?v=iamZEWox3dM>

Janelle Monae on Sesame Street - The Power of Yet <https://www.youtube.com/watch?v=XLeUvZvuAs>

Martin Seligman TED Talk - The new era of positive psychology

Michael J. - Know Your Why
<https://www.youtube.com/watch?v=1ytFB8TrkTo&t=38s>

Patti Digh – Six Keys to A Happy Life
https://www.youtube.com/watch?v=NWQS_21CcEA

Robyn Stratton-Berkessel Playful Inquiry – Try This Anywhere

Websites

AI Commons –Resources (articles, videos, books, and workshop materials) focused on Appreciative Inquiry and Positive Change <https://appreciativeinquiry.champlain.edu/>

Authentic Happiness - Learn about Positive Psychology through readings, videos, research, surveys, opportunities and more. <https://authentichappiness.org>

Greater Good Magazine: Science-Based Insights for A Meaningful Life. Includes articles, quizzes, videos, and podcast <https://greatergood.berkeley.edu/>

THE POWER OF POSITIVITY

RESOURCE LIST

Websites:

Positive Psychology – Resources, including tools, techniques, courses and tips to help you bring positive psychology into your daily practices.

<https://positivepsychology.com/>

VIA Character Strengths - <https://www.viacharacter.org/>

Podcasts:

Brené Brown – Unlocking Us <https://brenebrown.com/unlockingus/>

Dan Harris - Ten Percent Happier

<https://www.tenpercent.com/podcast>

Happier with Gretchen Rubin - <https://gretchenrubin.com/podcasts/>

Positivity Strategist, Season One – Appreciative Inquiry with Diane Stratton-Berkessel <https://positivitystrategist.com/podcast/#season-1>

Whitney Johnson, Disrupt Yourself Podcast

<https://whitneyjohnson.com/disrupt-yourself-podcast/>