

# The Doubler



## Week Two: Developing a Positive Mindset

**Pework Expectation:** Watch this video from Participant and SoSonia [Where I Keep My Secrets | SoSonia's Journal Flip Through](#)

**Learning Objective:** (“Each participant...”)

- Can create a positive mindset through journaling.
- Will discuss how important it is to be positive and intentional

**Essential Concept:**

*Self-awareness and recording positive experiences*

**Skills Required:**

- Communicate clearly
- Writing from personal experience
- Use information creatively

**Opening question(s):**

“What is a positive mindset?”

Or

“Is your mindset positive?”

**Thoughts for Consideration:**

- A positive mindset is one which seeks to find the good.
- In his Ted X talk, Shawn mentions that “It’s the lens through which we view the world that shapes our reality.” What lens are you using?
- When you have a happy mind, it’s easier to see the good in times when it may be hard, or things aren’t going your way. Resiliency?
- Last week we talked about journaling. When we journal our “Doubler” experience, we are asked to look for the good.
- We are going to do some self-evaluation to see how we feel before we write versus after we write.

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## Connecting this lesson to our work:

What does it take to get you into a positive mindset at work?

What “lens” have you seen others use that makes them seem positive?

## Action:

Before you start writing in your journal, let's discuss what you feel before you write versus after you write.

- Do you think it changes?
- Does it stay the same?
- Do you feel more positive?
- What would it look like for you to create a self-evaluation form?
- Would you use a scale?
- Would you use images, (a series of emojis?)

You will create something to use as a tool to determine how you feel before you write versus after you write.

## Weekly To-Do's:

1. Continue on your 21-day Journaling challenge and keep it going!
2. Make sure to use your 21-day challenge Journal to track your progress.

## Alternate Discussions:

- What's the benefit of gauging your emotional status before you start writing?
- How can this help you down the line?