See the BEST to be the BEST

Lesson Plan- Chapter 5

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Based on The Success Principles for Teens by Jack Canfield

Discussion Have you ever noticed that if you decide you want a certain car, or that the new year model of your dream car just came out that you suddenly see it everywhere? That is called the new car syndrome and it happens because our subconscious mind is constantly searching for it.

You can turn that power into a tool- it's called the power of positive thinking. The reverse is also true- if you look for negatives, you will certainly see those too. It is a conscious decision to use this to your advantage- try looking on the bright side. Be willing to laugh and have fun. Humor and healthy optimism are extremely important traits to develop. Search for the best in every situation until it becomes a habit.

Question 1 In a work environment, would it be better to be around negative complainers, or positive influences?

Question 2 Can you give an example of an event or person who changed your attitude in a positive or negative way?

Question 3 Do you believe there are positive outcomes from bad situations? Can you think of any?

Question 4 Can we consciously train ourselves to think positively?

Activity- Think of a symbol or signal that makes you think of something happy (examples- smiley face, thumbs up)

Write about a time that something positive changed your thinking of a time where you wish you would have applied the energy of positive thinking.