

Power of Positivity

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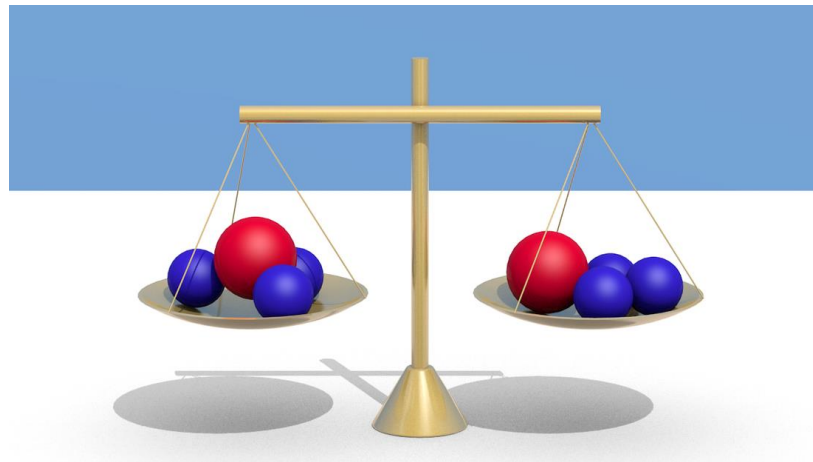
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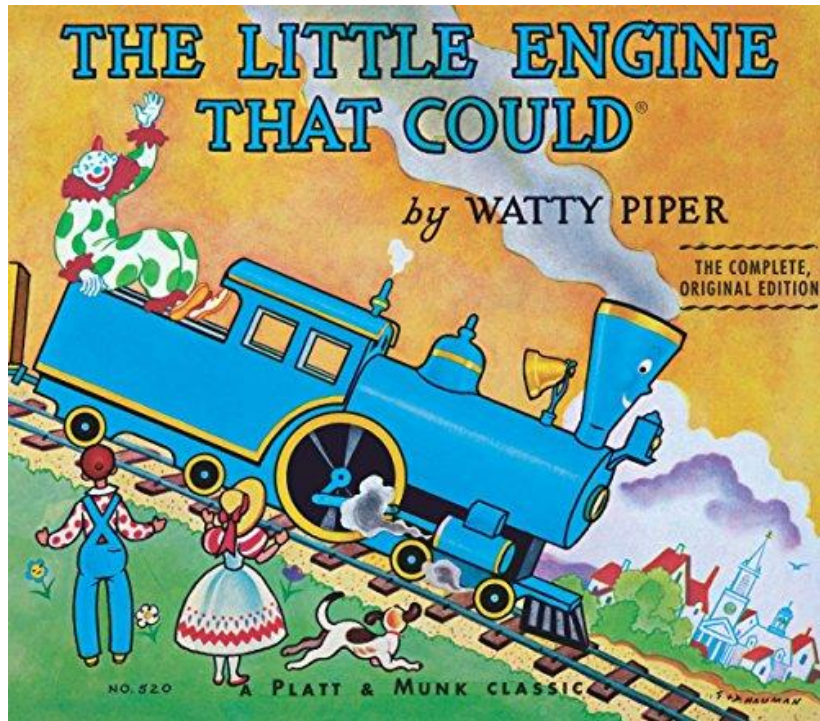
Objectives

1. Complete a self-review of the positivity and negativity in your life.
2. Review the scientific data on the impact of positivity in your life.
3. Make one commitment to improve positivity at home and at Rotary.





How positivity is introduced at an early age



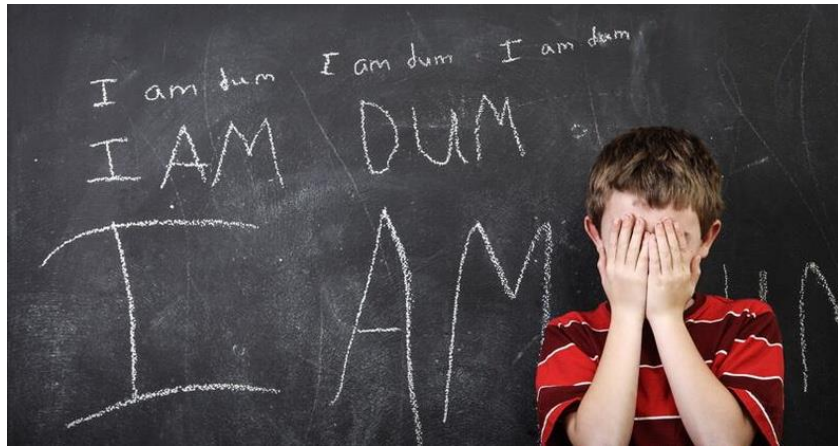
i'm going to
succeed
because i'm crazy
enough to think
i can

I think I can – I think I can – I think I can...

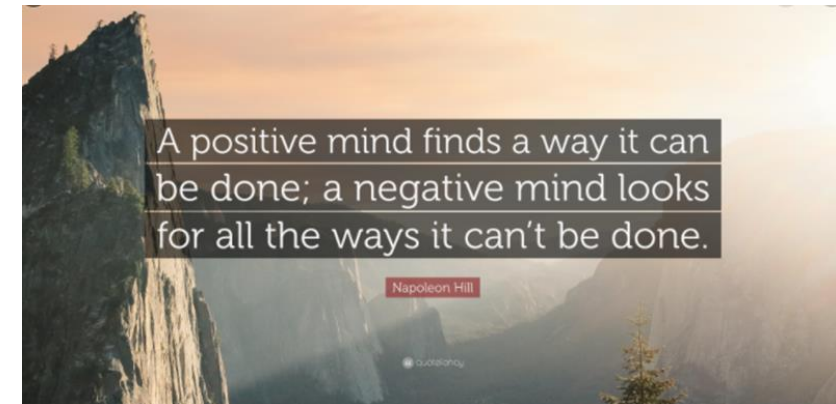




How negativity is *also* introduced at an early age



**You can't
litter
negativity
everywhere
and then
wonder why
you've got
a trashy life.**





What is the number 1 influence on if your life is the Positive or negative?



Private Voice – your inner narrator or running monologue



The most important story you will ever *tell about yourself* is the story you *tell to yourself*. (your Private Voice)



Why positive mindset/Private Voice is so important

Only 10 percent of our long-term happiness is predicted by the external world; 90 percent of our long-term happiness is thus how our brain processes the external world. This is why we find people at the same job who are positive and love their work, and others see it as drudgery and stress. This is why some people love being single and others cannot stand it. The external world does not predict your happiness, which is a freeing scientific realization about how much control you actually have over your happiness.

~ Shawn Achor

Also see this quote from Shawn Achor's TED Talk:

<https://www.inc.com/marcel-schwantes/want-to-be-much-happier-starting-tomorrow-practice-this-1-habit-rarely-found-at-work.html>



Private Voice – Inner Coach

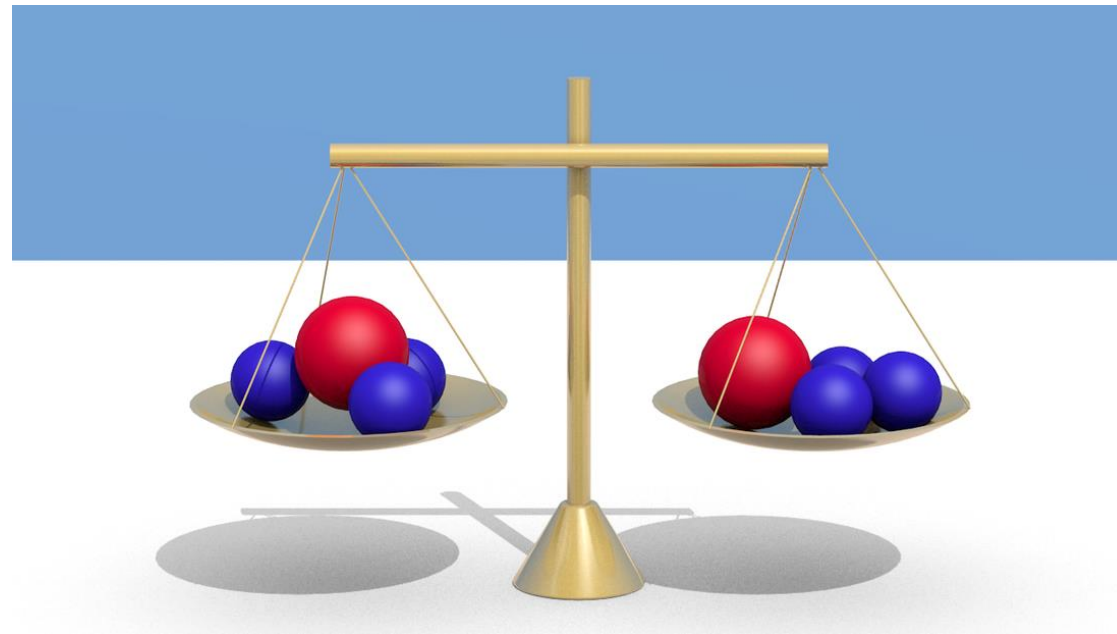


Private Voice – Inner Critic





Consider your **Private Voice/Inner Narrator** over the last 30 days.
What has been the ratio of positivity to negativity?



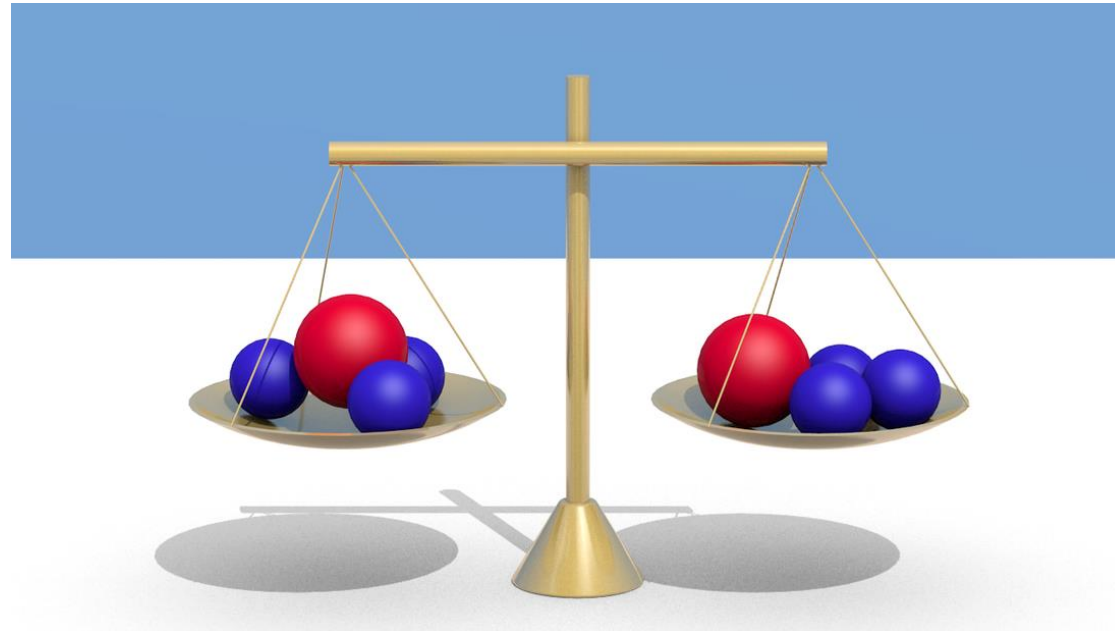
Positive # of thoughts/emotions : Negative # of thoughts/emotions

Examples of Positivity in Your Home / Personal Life





Consider your **home/personal life** over the last 30 days.
What has been the ratio of positivity to negativity?



Positive # of thoughts/emotions : Negative # of thoughts/emotions

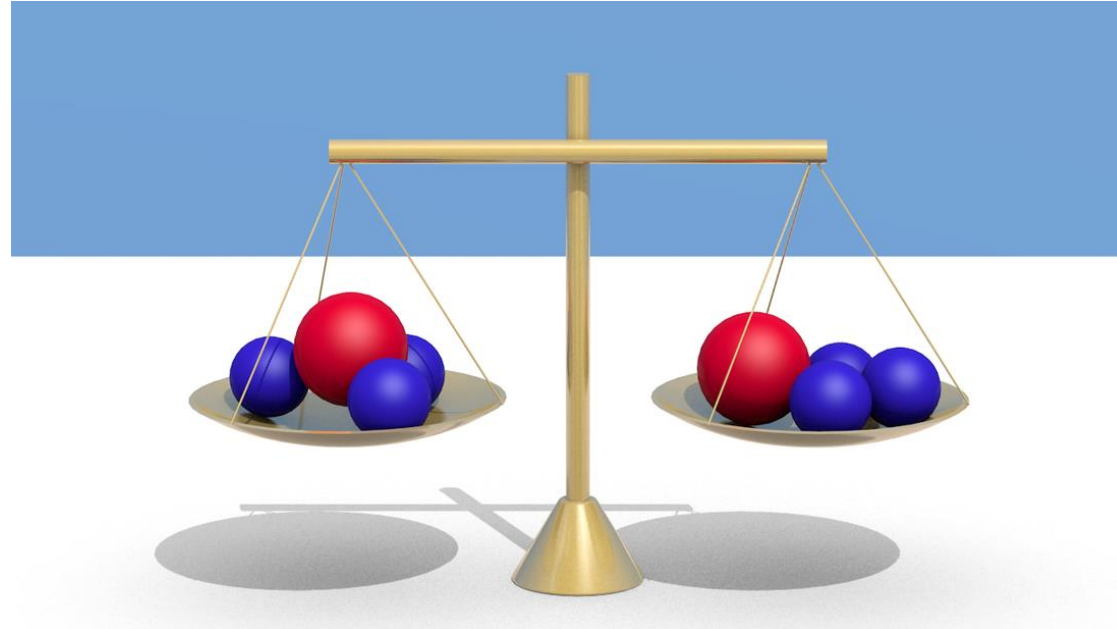
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Positivity or negativity at work, Rotary, or retirement occupation





Consider your **team** over the last 30 days.
What has been the ratio of positivity to negativity?



Positive # of thoughts/emotions : Negative # of thoughts/emotions



The power of positivity...



Review the various activities where you considered the ratio of positivity to negativity. What are your ratios for each activity?

your Private Voice/Inner Narrator

your home/personal life

your work, rotary, or retirement occupation.



The power of positivity...

- **To produce desirable outcomes in your life, what do you think the scientific data suggests is the ratio of positivity: negativity needed?**
- **What desirable outcomes do you think you can expect from positivity?**



With a positivity ratio of *3:1, research suggests people:

- live longer (+11 years)
- succumb to fewer illnesses
- have higher survival rates after serious illness or accidents
- stay married longer
- tolerate pain better
- work harder
- perform better on the job
- make more money (+30%)
- display more mental acuity
- make higher quality decisions
- are more creative and more flexible in their thinking
- are more adaptive and resilient after trials and trauma
- engage in more helping behaviors and citizenship activities

*(3 positive : 1 negative)



Wellbeing outcomes shared by University of Michigan – Dr. Kim Cameron; Based on Dr. Ed Diener’s research: 400 publications and a citation count exceeding 250,000; one of the most highly cited scientists in the world; wrote or co-authored nearly three dozen articles or editorials in APS journals; chiefly responsible for coining and conceptualizing the term “subjective wellbeing” hypothesized that people possess a genetic basis for “positive affect” that we generally return to, even after horrible events.

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Emotional Wellbeing Drives Performance and Success

Increasing positive emotions can improve:

- Job performance (raising sales 37%, productivity 31%, accuracy on tasks 19%)
- Motivation, engagement and job satisfaction
- Ability to manage stress
- Physiological functioning: cardiovascular, immune and neuroendocrine systems
- Interpersonal relationships

References: Achor, S., [The Happiness Dividend](#), Harvard Business Review, 2011; Heaphy, Emily & Dutton, Jane "[Positive Social Interactions and the Human Body at Work: Linking Organizations and Physiology](#)." Academy of Management Review 2008, Vol. 33, No. 1 137-162.; Cameron, Kim S. "[Positive Leadership Strategies for Extraordinary Performance](#)" Second Edition 2012; Thoresen, Carl J., et al. "[The Affective Underpinnings of Job Perceptions and Attitudes: A Meta-Analytic Review and Integration](#)." Psychological bulletin 129.6 (2003): 914-45.; Lyubomirsky, Sonja, et al. "[The benefits of frequent positive affect: does happiness lead to success?](#)". Psychological Bulletin, 131.6 (2005): 803-855.

Commit to cultivating positivity at home. What can you start doing today?



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Commit to cultivating positivity at rotary. What can you start doing today?



Rotary fundraiser or recruitment.

1. Rotary events
2. Nonprofit companies
3. Recruitment events
4. Companies for donation



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- Why Resilience Matters (1 hour)*
- The Power of Positivity (1 hour)*
- Living Your Why (1 hour)*
- Business of Movement (1 hour)*
- How Habits Happen (1 hour)*
- Navigating uncertainty (1.5 hour)*
- What is YOUR Life Purpose and is that aligned with Rotary? (1.5 hour)**

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