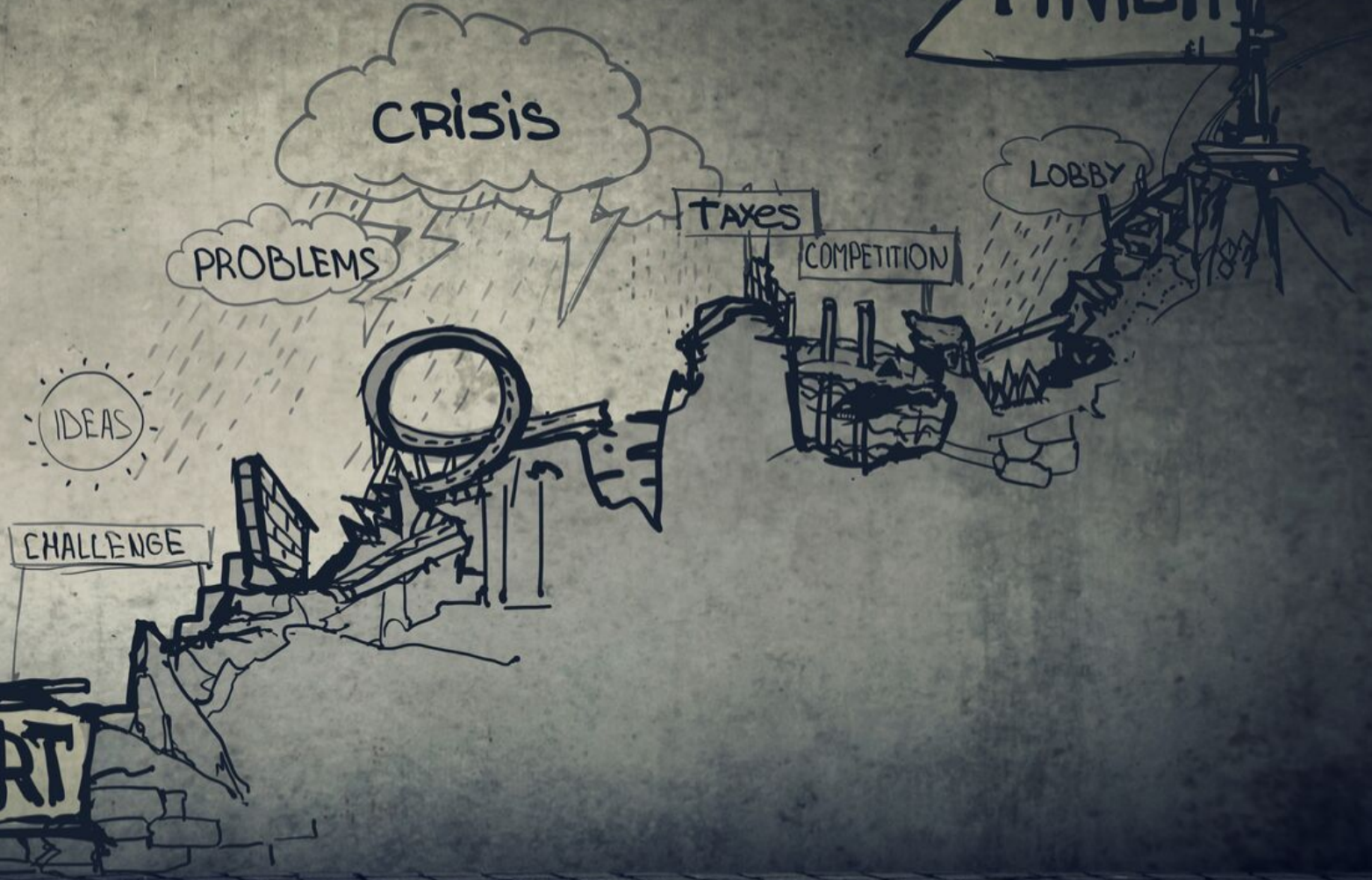
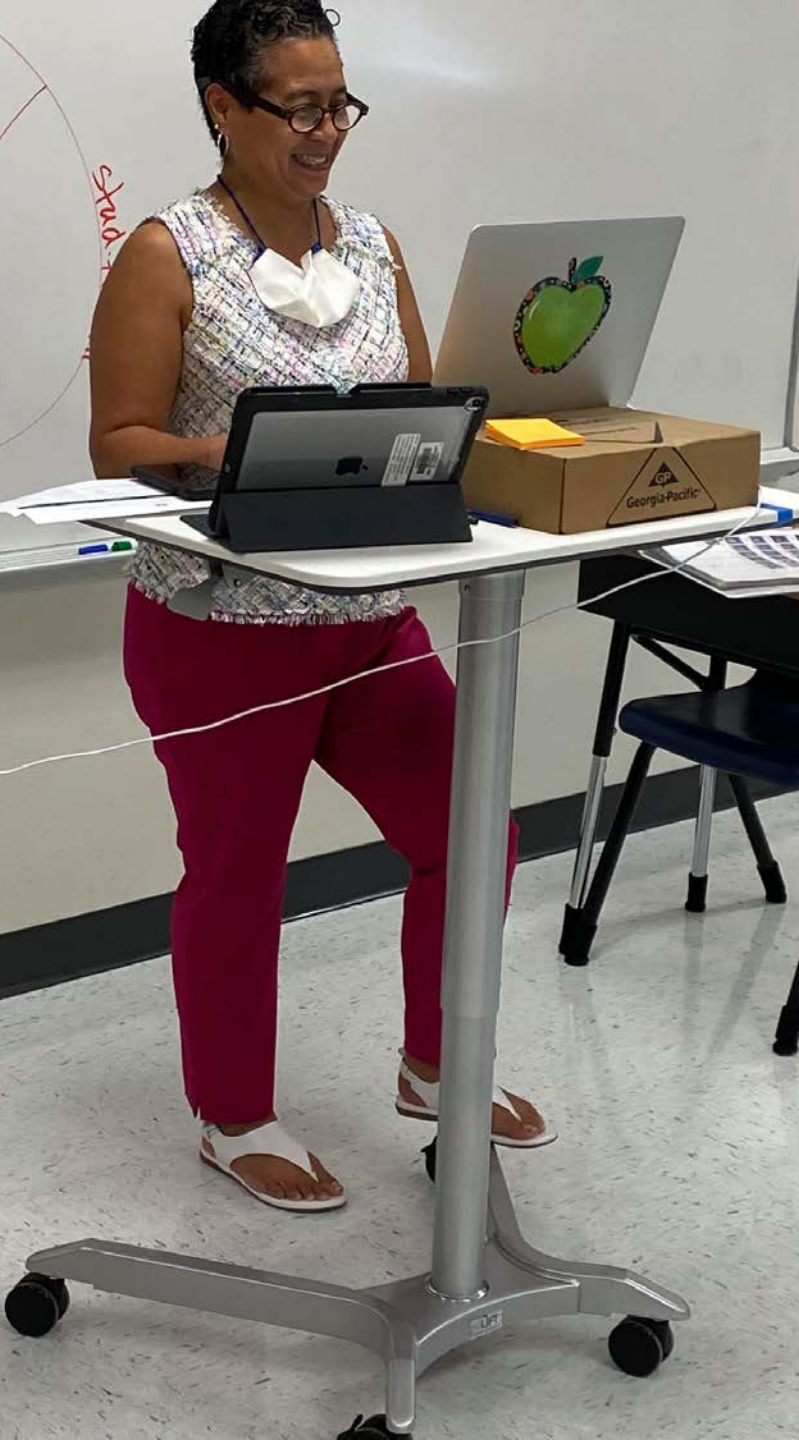


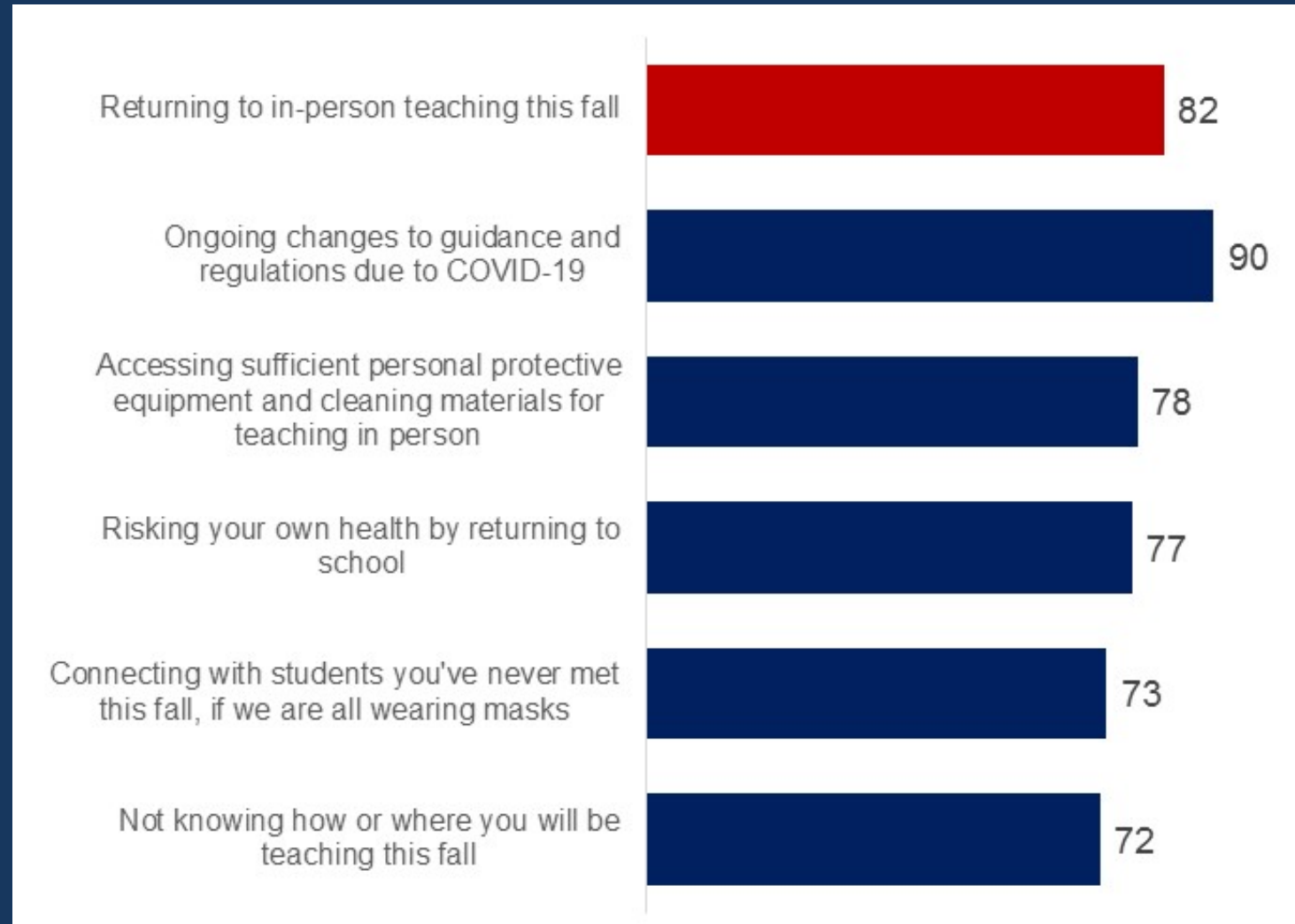
FEARLESS POSITIVITY



BY AMY BLANKSON



Fear abounds...





I'll be happy when...

**We are at an
inflection point in
history.**





What does it
mean to be
FEARLESSLY
POSITIVE?



We step into
fear for
something
bigger.

brAVERY. This girl is the very definition of it. Please keep our family and especially our baby girl in your prayers. Avery was diagnosed with leukemia yesterday. We have a long road ahead but Avery is so strong and we know our God is so very faithful.



Praying your chemo treatment goes well today Avery 🙏 Stay strong and keep fighting sweet girl ! Sending much love , hugs , and prayers ! Hang in there Justin and Emily Calvert Pacheco 💜💜💜 #brAvery #CancerPickedTheWrongPrincess #NoOneFightsAlone ... See More



Testing out our new Dragon today @castlehillsses This robot will allow our sweet Avery to be a part of her classrooms from home during treatment #brAvery #chedragonpride Lewisville ISD #lisdvisualarts #technology win! #robot @leukemialymphomasociety @leukemiatexas 💜



“Courage is not the absence of fear, but rather the assessment that something else is more important than fear.”

FRANKLIN D. ROOSEVELT



**Optimism is the belief that
your behavior matters.**



3 STRATEGIES FOR FEARLESS POSITIVITY



RETHINK STRESS



OPTIMIZE YOUR
MINDSET



LEAN INTO SOCIAL
SUPPORT



1. RETHINK STRESS

THE JOURNEY IS UNCERTAIN





HURRICANE KATRINA



CHINO OTSUKA

DETERMINANTS OF HAPPINESS

10%

EXTERNAL

90%

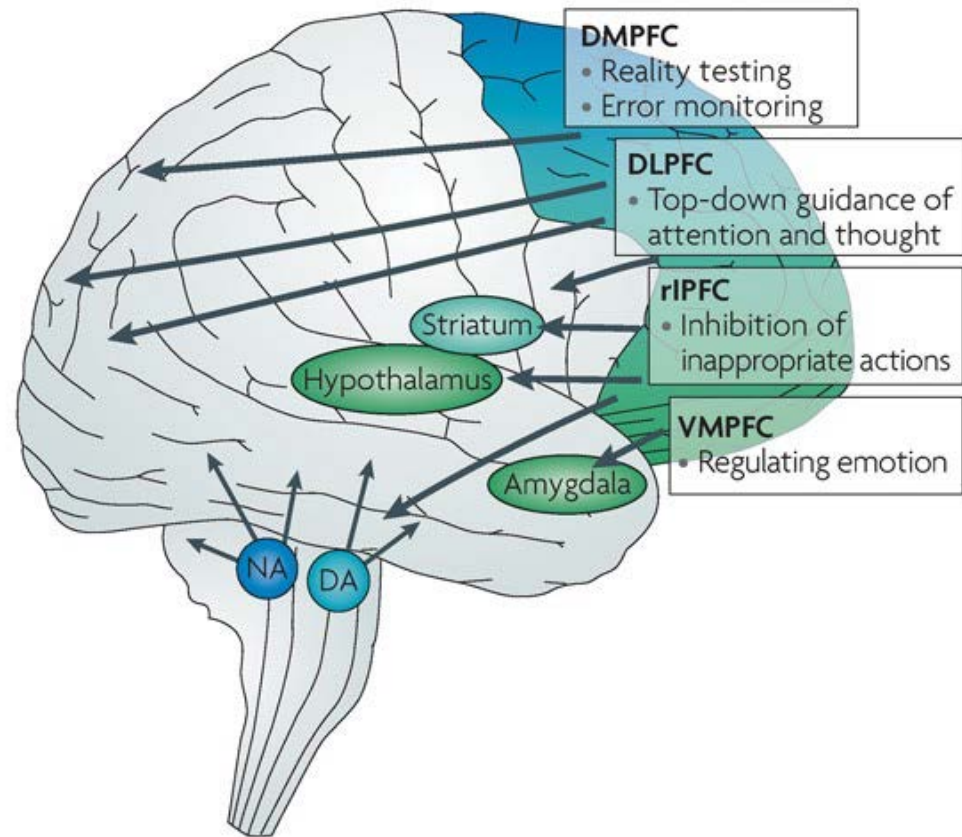
GENES & PERCEPTION



How do *you*
respond to stress?

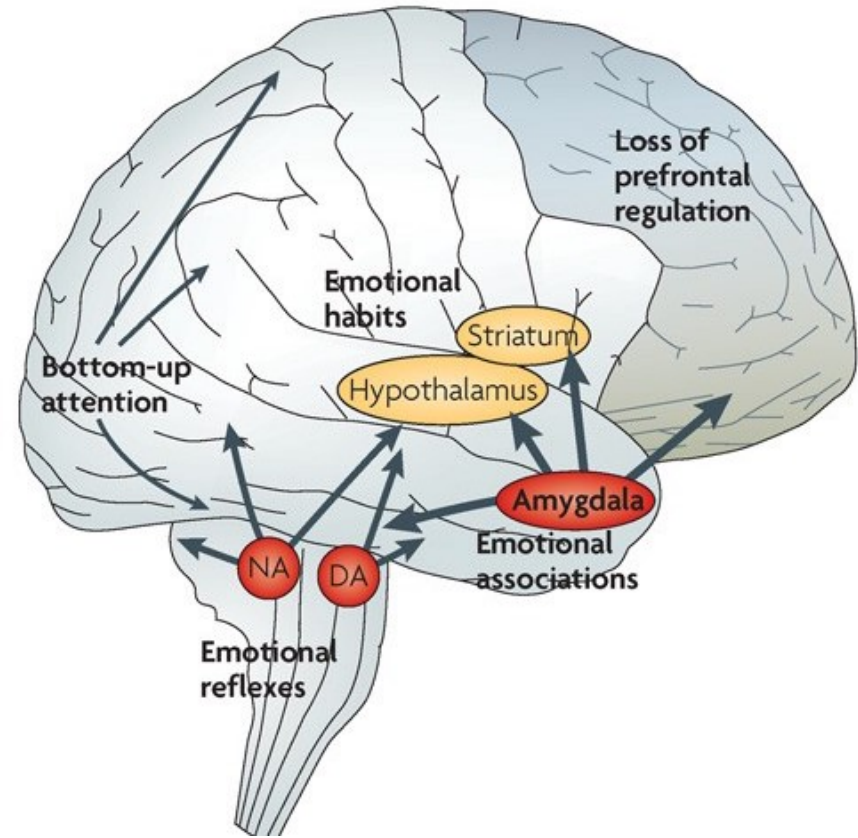
CHALLENGES

Prefrontal cortex



THREATS

Amygdala



THE GREAT RESET

The question is not about how to adjust to the new normal, but rather how to make the present better than ever before....

Who do I choose to be during COVID-19?

I start to let go of control

I search and share
EVERYTHING I can find about COVID-19

I get irritated easily

I panic buy

FEAR ZONE

I act like a victim
looking
who to blame

I hoard toilet paper, food and
medicines I don't need

I look for opportunities

I think about
others and
how I can be
of help

I stop consuming
that which causes
me harm, from the
news to what I eat
and drink

LEARNING ZONE

I make a program for
myself to make use
of the time

I recognize that
everyone is doing their
best whilst facing an
extremely compilation
situation

Be appreciative
Be grateful

Live NOW, with a
clear picture of
what's NEXT

GROWTH ZONE

I am not in a
waiting room or
'in between'...
THIS IS LIFE.
Ask how do I
want this
moment
to be?

2. OPTIMIZE YOUR MINDSET





A positive mindset is the single greatest advantage in the modern economy.



37%

GREATER SALES

3x

MORE CREATIVE

31%

MORE PRODUCTIVE

40%

MORE LIKELY TO RECEIVE A PROMOTION

23%

FEWER FATIGUE SYMPTOMS

10X

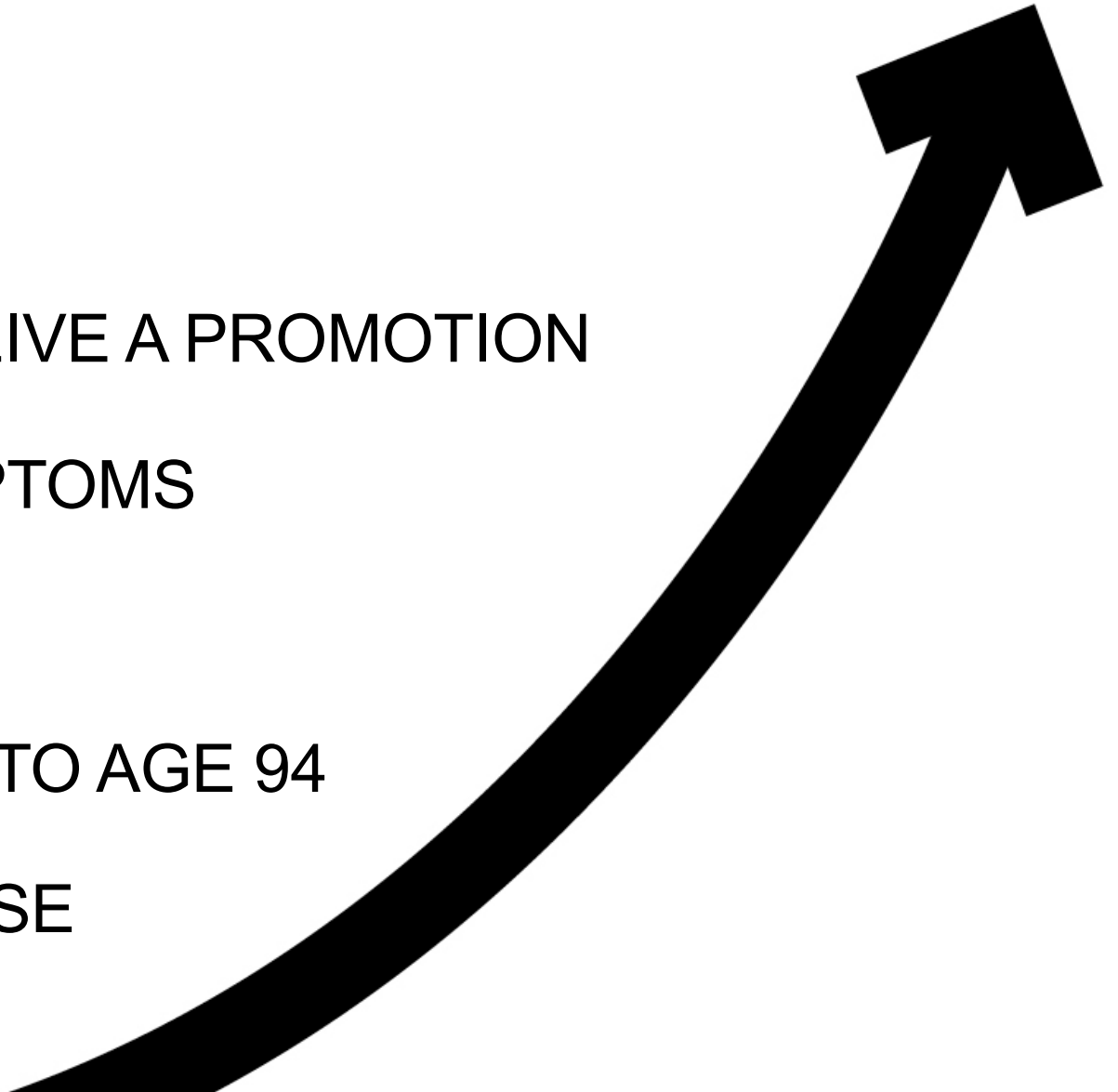
MORE ENGAGED

39%

MORE LIKELY TO LIVE TO AGE 94

50%

LOWER HEART DISEASE





Appreciative Inquiry

Asset Based

Look at what we've got!!

Look at what we're missing!!

Deficit Focused

© J. Logan 2012



PRIME YOUR MIND

Journaling

Gratitude

Acts of Kindness

Meditation

Exercise



JOURNALING

Creates a trajectory of
meaning in your life



GRATITUDE

creates new neural pathways in your brain





**ACTS OF
KINDNESS**
create a positive
feedback loop
that strengthens
connections

MEDITATION

improves accuracy tests by 10%, improves happiness, and decreases the stress level of the people on your team *even if they are not meditating.*





EXERCISE

gives the brain a cognitive boost and creates constellations of positive habits

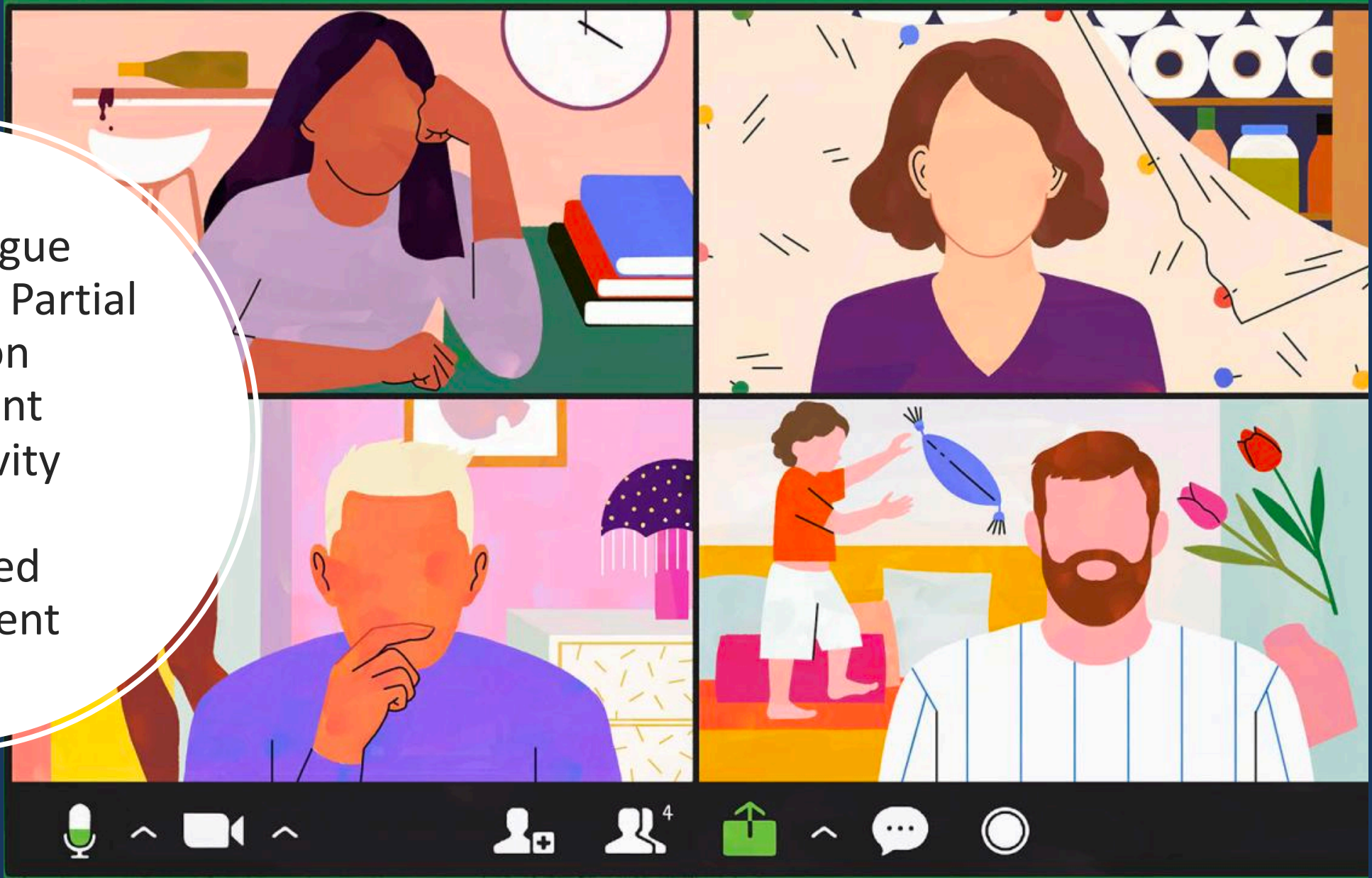


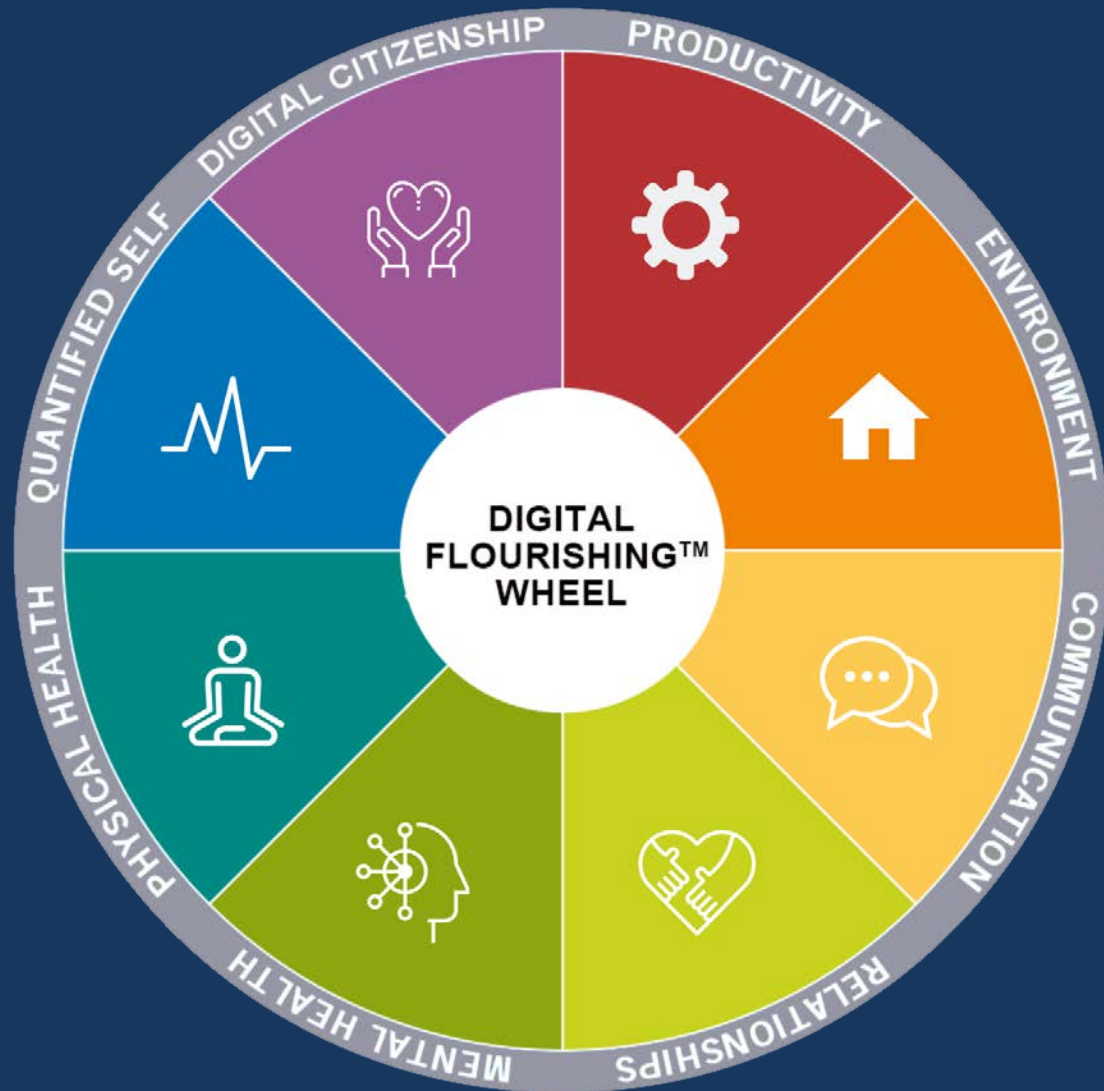
DIGITAL HABITS

Since February searches for “how to get your brain to focus” have increased 300%.

It's time to give intention to our attention.

Zoom Fatigue
+ Continuous Partial
Attention
+ Constant
Connectivity
=
Decreased
Engagement





A New Model for Flourishing in the Digital Era

digitalwellnessinstitute.com

3. LEAN INTO SOCIAL SUPPORT

THE SINGLE GREATEST PREDICTOR OF
LONG-TERM SUCCESS AND HAPPINESS



In hard times, we tend to
disinvest in friendships
when we actually need
them the most.

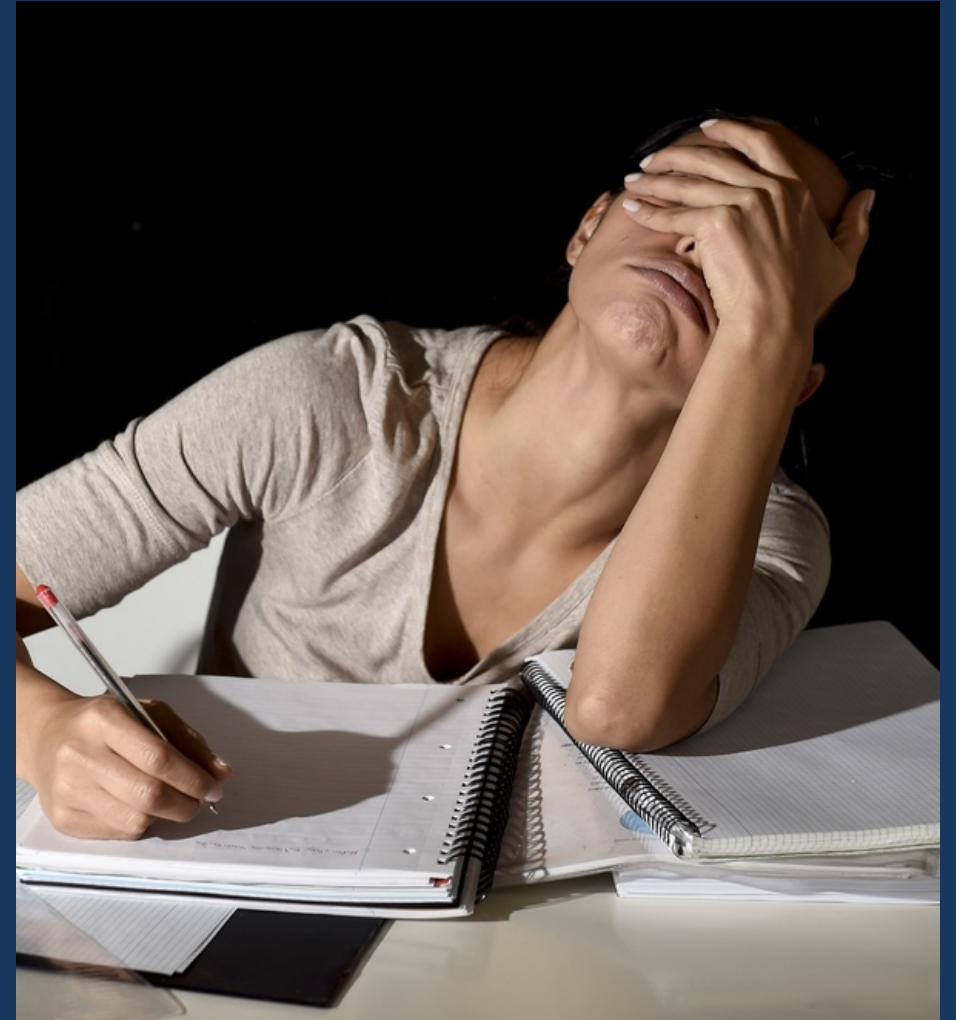


It's ok to
not be okay.

MENTAL HEALTH

In a survey of 10k respondents :

- 50% serious depression
- 35% serious anxiety
- 25% rise in loneliness since 2018





OUR
TEACHERS
ARE THE
BEST

YOU

ARE
VITAL
W W W



Every Little Thing



Individuals who PROVIDE social support to others are 40% more likely to receive it in return.

Rewriting the Social Script



3 STRATEGIES FOR FEARLESS POSITIVITY



RETHINK STRESS



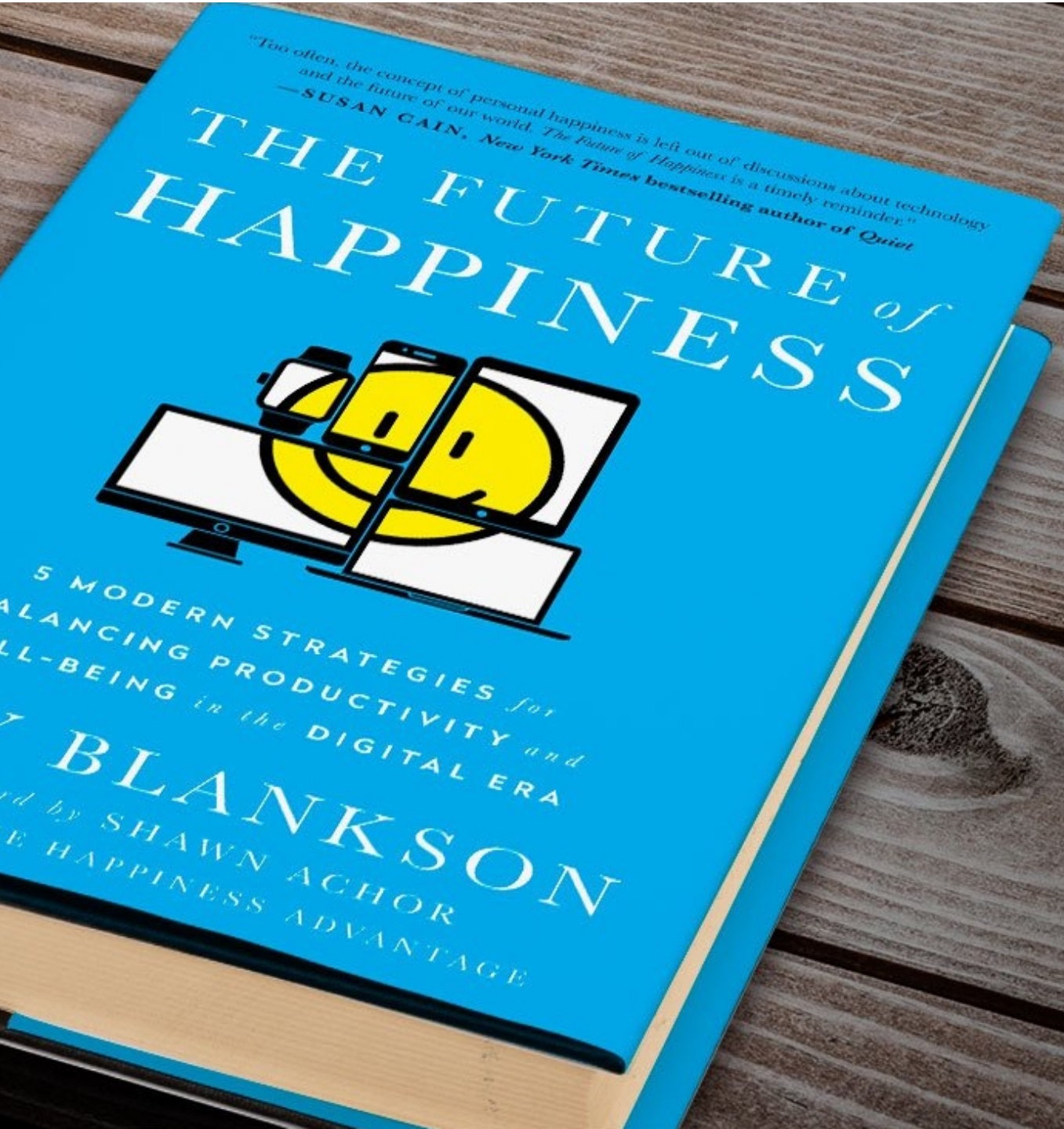
OPTIMIZE YOUR
MINDSET



LEAN INTO SOCIAL
SUPPORT

**“Write a new ending for yourself,
for the people you’re meant to
serve and support, and for your
culture.”**

- Brené Brown



THANK YOU!

For more resources:
fearlesspositivity.com