

SELF-MANAGEMENT SKILLS

Class IX , Ch-2 Self- Management Skills: I(IT
#402)

Session 4: Positive Thinking

By: GITASHREE NAYAK

Mob No.:9439656911

CHANGING YOUR TOMORROW

Learning Outcome of this Session

After completing this session, you will be able to

- define positive attitude.
- list the benefits of having a positive attitude.
- identify ways in which you can develop a positive attitude.

CHANGING YOUR TOMORROW

Positive thinking and its importance

- A person's attitude can be considered either 'positive' or 'negative'. Positive thinking requires a person to look at the good in things, observe, understand and patiently work towards improving them rather than worrying and/or looking for the bad in things.
- Positive thinking leads to good results for you like
 - ❖ overcoming challenges,
 - ❖ making you do well or making you an energetic individual,
 - ❖ helping you get better at work, and
 - ❖ making you and people around you happy.



CHANGING YOUR TOMORROW

Examples of Positive and Negative Thinking

Examples of negative thinking

- I did not get enough marks to choose the Science stream. My life is ruined.
- My team lost the match because of me.

Examples of positive thinking

- I did not get enough marks to choose the Science stream, but that's not the end of my life. I can consider options in other streams.
- My team lost the match today, but we can see how we can do better next time.

CHANGING YOUR TOMORROW

How to keep your thinking positive?

There are few simple steps to cultivate a positive attitude in life. Let us understand this with the help of the abbreviation 'SMILE'.



Start your day in a positive way

For example, exercising, reading or watching something motivating; talking to people who are positive and make you smile.



Manage time to relax

For example, sit in a relaxed position and just feel how you are breathing. You can do Yoga and meditation or listen to music to relax and stay calm.



Imagine the best in any situation

For example, do not keep thinking of things that are going badly, instead think how you can make things better.



Learn to take feedback in a positive way

For example, if someone gives you feedback, objectively think how it will help you to improve and start working on it.



Express gratitude

For example, be thankful for all the good things you have, to people who have helped you or pat your back for the good things you have done.

SMILE model
CHANGING YOUR TOMORROW

A Quick Recap Of This Session

Positive thinking and its importance

A person's attitude can be considered either 'positive' or 'negative'. Positive thinking requires a person to look at the good in things, observe, understand and patiently work towards improving them rather than worrying and/or looking for the bad in things.

Positive thinking leads to good results for you like

- overcoming challenges,
- making you do well or making you an energetic individual,
- helping you get better at work, and
- making you and people around you happy.

There are few simple steps to cultivate a positive attitude in life. Let us understand this with the help of the abbreviation 'SMILE'.

SELF-MANAGEMENT SKILLS SESSION 4

Examples of negative thinking

- I did not get enough marks to choose the Science stream. My life is ruined.
- My team lost the match because of me.

Examples of positive thinking

- I did not get enough marks to choose the Science stream, but that's not the end of my life. I can consider options in other streams.
- My team lost the match today, but we can see how we can do better next time.



Start your day in a positive way

For example, exercising, reading or watching something motivating; talking to people who are positive and make you smile.



Manage time to relax

For example, sit in a relaxed position and just feel how you are breathing. You can do Yoga and meditation or listen to music to relax and stay calm.



Imagine the best in any situation

For example, do not keep thinking of things that are going badly, instead think how you can make things better.



Learn to take feedback in a positive way

For example, if someone gives you feedback, objectively think how it will help you to improve and start working on it.



Express gratitude

For example, be thankful for all the good things you have, to people who have helped you or pat your back for the good things you have done.



CHANGING YOUR TOMORROW

Home Assignment

A. Multiple choice questions

Read the questions carefully and circle the letter (a), (b), (c) or (d) that best answers the question.

1. What is the best way to start our day positively?
 - a) Think about all that can go wrong.
 - b) Think about the difficult test you will face during the day.
 - c) Think about all your accomplishment so far and feel good about it.
 - d) Think about the traffic on the road and feel stressed.
2. Rahul gets feedback on his project work from his class teacher. Which of these options demonstrates positive attitude in this situation?
 - a) Rahul ignores the feedback.
 - b) Rahul takes the feedback but does not use it.
 - c) Rahul tells others that the teacher is wrong.
 - d) Rahul learns from the feedback and makes his project work better.
3. What can you do to get rid of negative thoughts or feelings?
 - a) Meditate to calm down and feel positive.
 - b) Ignore them and move on in life.
 - c) Act based on the negative thoughts or feelings.
 - d) Talk to a friend and share all your negative feelings.'

CHANGING YOUR TOMORROW

THANKING YOU

ODM EDUCATIONAL GROUP