



## **Certificate in Positive Psychology 3**

### **Listing of Tools Used in Module 2: The Onsite Immersion**

#### **Daily**

Meditation: both centering and guided visualization.

#### **Sunday**

##### **Best Group Experience Exercise:**

- Think back to your best experience in a group/team.
- What did you contribute to making the experience a good one?
- What will you contribute to your groups?
- Share 2-4 personal contributions you intend to make.
- Highlight 5-9 key contributions.

##### **Brief Journaling Exercise:**

- Take two minutes to journal about what you experienced during the meditation and visualization.
- Write about the emotions, ideas, or insights that you had.
- Forget about grammar or making sense. Write about whatever comes to mind and heart.

#### **Monday**

**Cultivating a quality guided visualization:** Choose a quality you value and visualize yourself embodying this quality as you are doing your daily routine.

**The Ideal Person Exercise or Part 1 of My Ideal Self Exercise:** (the subconscious part: things we want to develop, focus on, and need to be reminded of)

- Share your stories of someone you admire (real or imagined, someone you know personally or not).
- Write down which of their traits you admire.
- Think of another person you admire (preferably someone opposite of your first person. For example, if the first one was someone you know, choose someone you don't know

- personally).
- Write down what you admire.
  - Share the 4-8 characteristics you wrote down.
  - Add characteristics to your list.
  - Rewrite the characteristics of this ideal person in first person. These statements will become your Ideal Self.

**Systems Exercise: Our questions define our reality:** Think of the elephant or the robbery:

- What am I missing or overlooking?
- How can I reframe and zoom out?
- What is the big picture? (What can I see from 40,000 feet?)
- Is there another perspective I can take?
- What am I grateful for?
- What progress have I made today?
- When was I at my best?
- When did I feel most safe?
- How can we create exceptional experiences for....?
- What can I appreciate about....?

**Expanding Perspective Exercise:**

- Think of an important and challenging relationship in your life.
- Describe two difficulties that you have within the relationship.
- What works in this relationship?
- What lessons are there for you in this relationship?
- What do you appreciate/like about this person?
- Share in pairs, choosing someone new.

**Questioning Exercise:** (Tal talked about this one, the one he said was “Most amazing! Life changing! ... but we’re not going to do it.”). Useful for therapists and coaches by taking the power and giving it to your client:

- Think about a challenge you are facing.
- Generate questions that can help you deal with the challenge
- Share in pairs. Move around and share with someone new.
- Share in groups of eight (one question per person).

**Grateful Moment Exercise:** Take a moment. Write down the answer to the following question:

- What are you grateful for in what you do in the world?
- Write a few things down.
- Now close your eyes.
- Connect to your breath.
- Remember the list and pick one.

- Visualize yourself doing whatever that is.
- Connect to the whole sense of that experience.
- What a privilege it is to do this thing.
- Share in groups of four: “What do you feel grateful for in giving yourself this opportunity?”

**Looking Forward to Tomorrow Exercise (based on work by Dina Nir):**

- List three things you are looking forward to about tomorrow.
- Write them down.
- Choose one to describe as fully as you can.
- Share in groups of three.

**Bucket-filling Exercise:** (*Have You Filled a Bucket Today?* by Carol McCloud)

- Create Play-Doh bucket and fill your own bucket first with what you appreciate about yourself:
  - “What do I appreciate about myself?”
  - “What am I proud of about myself in joining this class?”
- Break into groups of four to talk about how you filled your bucket.

**Brief Journaling Exercise:**

- Take two minutes to write about a positive experience that you've had—it can be something you experienced yesterday or years ago. Forget about grammar or making it coherent—just write.

## Tuesday

**Active Listening/Mindful Communication Exercise:** Just listen without talking. Use these prompts:

- Find a new partner and sit face-to-face.
- Centering.
- Look into one another's eyes.
- Listener asks, “How are you (... really)?”
- Speaker speaks, listener listens.
- Silence.
- Switch.
- Face one another again and share one idea that resonates with you from this program and how you intend to apply it in your life.
- Silence.
- Switch.

**Best Possible Self Exercise (guided meditation based on work by Laura King):**

- Think about your life in the future. Imagine that everything has gone as well as it

possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all your life dreams.

- Now, write about what you imagined.

**Sentence Completion Exercise (Nathaniel Branden), Part 1:** Write down the following and then complete the sentence without thinking.

- “To bring 5% more happiness to my life...”
- “If I dedicated more time and effort to pursuing my dreams...”
- “To realize my dreams...”
- “I’m beginning to see that...”
- Responses will help you discover new sentence stems to focus on for next round.

**Sentence Completion Exercise, Part 2:** Going deeper.

- Mindfully read over all the endings from all the sentences from Part 1 combined.
- Look at the language, the content, the contradictions. Highlight what stands out to you.
- Create a new sentence stem from what you noticed about the ones in Part 1.
- Complete the stem.
- Journaling: write about insights, ideas, and commitments.

## Wednesday

**Creating Daily Reminder Exercise (BEST-I):**

- Deep **breaths** before and after each part.
- Read a meaningful **excerpt**.
- Engage your **senses**.
- Express **thanks**.
- Go over your **Ideal Self**.

**BEST-I Exercise (Part 2 of My Ideal Self):**

B = Breathe, E = Excerpt, S = Senses, T = Thanks, I = Ideal Self.

- Start with the 4-8 “I am” sentences you created on Monday in the Best Person Exercise (aka My Ideal Self, Part 1)
- Recall when you were at your best/your best experience and use this to help you determine what you enjoy, what brings you happiness, what matters most to you.
- Example: BEST-I (Breathe, Excerpt, Senses, Thanks, Ideal Self):
  - Take a deep **breath**.
  - Read a meaningful **excerpt**.
  - Engage your **senses** with music, art, dance, savoring a smell or a taste...
  - Express **thanks**.
  - Review your **Ideal Self** (see “I am” statements and recalling when at your best).
- Feel it, mind it, do it.
- 10-60 minutes daily.

- The benefit comes from repetition.

### **Creating Specific Reminder Exercise:**

- List an area of personal growth challenge (i.e. dealing with fear of public speaking).
- State in positive, present, and purposeful language (“I am a calm and authentic public speaker”), like a mission statement.
- Write down in 2-4 sentences elaborating on statements, from personal observation or other sources (“Speaking in front of people is a privilege. I strive to be known, to be authentic and to be real instead of having to prove myself.”).
- Repeat daily or weekly, for a month or longer.

**Mini-Reminder Exercise:** (Note: Tal reiterates the importance of having the BEST-I or the Specific Reminders in place prior to the mini-reminders. The mini-reminder practice works best in addition to—rather than in place of—the foundation of the larger reminders.)

Utilizing three or four deep breaths.

For example:

- First breath: centering (feel it and get present).
- Second breath: an Ideal-Self sentence (“I play and am playful.”)
- Third breath: gratitude (dedicate to something for which you are grateful).
- Optional fourth breath – come up with your own sequence (content and length).
- Once in place:
  - Write down a 4-breath sequence.
  - Share.
  - Experience your sequence.

**Strengths and Passion Exercise (Story of Your Past – Best Self):** Know thyself and be thyself.

- Write about a time when you were at your best.
- Divide up into groups of three.
- Share your story of when you were at your best.
- Practice conscious (active) listening.
- All write down strengths and passions you heard, both for yourself and others.
- Discuss strengths and passions. The overlap is the zone of great leadership.
  - Listeners share with the storyteller what they heard shared.
  - Sharer soaks it all in and shares what they heard in their own story.

**Mindfulness Exercise (re: Authenticity):** Remember a moment when you were truly yourself...

- What positive emerged from that moment?
- What can you or did you most appreciate about yourself at that time?
- Take two minutes to journal about this.

### **Sentence Completion Exercise For Authenticity – You in Your Study Group:**

- “If I were 5% more true to myself I would...” (5x)
- “To be 8% more authentic in this group, I...” (5x)
- “If I allowed myself to be more true to my core values I would...” (5x)
- Of the 15 responses, note the truest and then the second truest.
- Discuss the top two responses with your group.

### **Impact Analysis (Inauthentic vs. Authentic People) Exercise:**

- One side of the room instructed to think of someone living an inauthentic life.
- Other side of the room instructed to think of someone living an authentic life.
- Answer this question, “What is it like for you to be near someone living inauthentically? How does it affect you and what does your body feel?”
- Answer this question, “What is it like for you to be near someone living authentically? How does it affect you and what does your body feel?”

## **Thursday**

### **SPIRE Check-In Exercise:** Where are you on the thermometer for each component?

S = Spiritual, P = Physical, I = Intellectual, R = Relational, E = Emotional

- What is my *experience* now?
- What else can I be *aware* of?
- Journal about your SPIRE check-in.
- What story does it tell?
- What insight does it provide?
- Check it periodically throughout the day.
- Suggestion: Perhaps begin each small group call with this tool.

**Small Group Process Guidelines:** This is a resource, not a tool. See forum under “resources>study group agenda>suggested agenda” for a link to this guideline.

### **What’s Next? Exercise:** If everything works out the way you want...

- Where will you be 10 months from now?
- Journal your path.
- Share in your study group.
- Journal about your dream.

### **Rituals Exercise:**

- Make a list of rituals that you think will help you get to where you want to go, both personal and professional
- Highlight two of these rituals, the most urgent/important ones to introduce immediately.

- Highlight two more, the next most important ones that you can introduce over the next two months.
- Share all four rituals with your study group to get support for keeping your commitment to your rituals.

## Friday

### **Gratitude Feedforward** (as opposed to feedback) **Exercise:**

- Look at a group member while thinking about what you appreciate in her/him.
- In one or two words, write it down (e.g. kind eyes, thoughtful, great hugs, conscientious, optimalist, beautiful enemy, high integrity).
- Go around and say what you wrote.
- Fill their bucket!
- Move to the next person.

### **Walking Gratitude Exercise:**

- Clear the room
- Go around the room and thank people ... in silence.