

HAPPINESS 1ST INSTITUTE



FOR BEST RESULTS BE POSITIVE

FOR BEST RESULTS BELIEVE IN YOURSELF

Often, individuals derail their own best performance with negative self-talk which increases anxiety and decreases their ability to perform at peak levels. Also, sometimes others will do or say things that have the same impact. Whether it is a competitive co-worker trying to look better than their peer by attempting to undermine confidence before a crucial presentation or a nervous boss communicating the importance of a stellar performance while expressing concern the internal optimism of the individual largely determines whether such actions undermine their best or if they possess an antidote (in their internal confidence and positivity) to such negative inputs.

These studies are useful in seeing when a small intervention (taking an action that leads to more positive feelings) can have a big and immediate impact.

Take control of your results by taking control of the way you communicate with yourself and respond to communication from others. It is not what others say to you that undermines

your efforts; it is your response to them that has that ability. Fortunately, you can learn to control your response and not just

using will power; you can learn to understand why you respond as you do and develop new habits if your current self-talk is not serving your best interests.

Citations:

Fredrickson, B.L., Mancuso, R. A., Branigan, C., & Tugade, M. M.. (2000), "The undoing effect of positive emotions," *Motivation and Emotion*, 24: 237-258

Fredrickson, B. L. (2001), "The role of positive emotions in positive psychology: The broaden-and-build theory," *American Psychologist* 56: 218-226

Tags:

Anxiety, impact on performance, the mitigating impact of positivity

Courses offered by Happiness 1st Institute provide skills and tools that enable students to develop habits of thought that serve their best interests and enable them to perform at the highest levels of achievement.

These same habits help improve relationships of all types and increase resiliency, optimism and emotional intelligence.

We teach what is at the heart of the difference between those who are very successful and those who just wish to be very successful. Everyone has great potential; we help them find the path to success for their individual dreams.

Happiness 1st Institute takes the best information from a variety of areas including Positive Psychology, neuroscience, quantum physics, emotional intelligence and ancient philosophies to create courses that provide skills and tools individuals can use to make themselves happier, more optimistic, more resilient and more emotionally intelligent.

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