FIVE FOR 10

INCREASING POSITIVITY TOOL

Directions:

1. Make a list of five negative behaviors or patterns you currently have.
2. Commit to replace each negative behavior or pattern with a more positive one.
3. Practice the more positive behavior for 10 days.
4. After 10 days, determine if you noticed yourself feeling or being less negative after the change.
5. Decide if you will permanently adopt the new behavior (reflect on why or why not)
6. Do not try to make too many changes at once. Work on **one** change at a time.

Completed Sample

Current Negative Behavior or Pattern	Replacement Behavior or Pattern	Start Date	End Date	Reflection & Next Steps
Gossiping with negative coworkers	*Spend more time with coworkers who make me feel good about myself*	*12/10*	*12/18*	**Reflection**: *I never realized how negative I could be about other people. I didn't like how I felt about myself when I thought about how judgmental I was about others.* **Next step (adopt or ditch)**: *I will keep this behavior moving forward. Hanging out with positive coworkers made me feel lighter and I found myself enjoying my work more.*

Adopting a positive behavior framework: The following structure may be helpful in framing how to make the change.

When I (insert negative behavior)

Instead of (insert past response)

I will (insert new behavior choice)

When I *find myself with coworkers who are gossiping about others*
Instead of *joining in and gossiping myself*
I will *walk away and seek out positive peers*

HURON

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Current Negative Behavior or Pattern	Replacement Behavior or Pattern	Start Date	End Date	Reflection & Next Steps
1.				*Reflection:*
				Next steps (adopt or ditch):
2.				*Reflection:*
				Next steps (adopt or ditch):

HURON

Current Negative Behavior or Pattern	Replacement Behavior or Pattern	Start Date	End Date	Reflection & Next Steps
3.				*Reflection:*
				Next steps (adopt or ditch):
4.				*Reflection:*
				Next steps (adopt or ditch):

HURON

Current Negative Behavior or Pattern	Replacement Behavior or Pattern	Start Date	End Date	Reflection & Next Steps
5.				*Reflection:* *Next steps (adopt or ditch):*

Additional notes:

HURON