



RISE AND SHINE

Staying Positive

LEAD OR BE LUNCHED

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STAYING POSITIVE

Earlier in this workbook, we discussed the importance of staying positive on a personal level.

But there are also many benefits to staying positive on a larger scale.

As a leader who remains positive, you will be noticed for setting the standard.

Humans will naturally lean towards their environment. If the environment is hostile and chaotic, they will react negatively. If the environment is peaceful and positive, they will be more likely to react positively.

While it isn't always easy to remain upbeat, it is important for a leader to not allow his or her emotions to get the best of them. They cannot lash out or lose their temper during hardships, or they will risk their team following suit.

The best way to lead is to be the example. Be different. Show your team something that they may have never seen before at their previous jobs.

Be the exception, not the standard.

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What are some good tips or exercises for staying positive in the face of hardship?

Additional Notes:

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