

# Staying Positive in the Face of Negativity

with Scott Mautz

## The Personal MAP (Micro Action Plan)

The Personal MAP summarizes the key content in Scott Mautz’s course Staying Positive in the Face of Negativity and helps you develop an organized, tailored plan for staying positive on a sustained basis, even in the face of pervasive negativity. Refer back to the course to review the content as needed. Then choose the areas you want to focus on and write down the specific actions you’ll take and commitments you’ll make.

Category	Activity	Is this a focus area for me? (Y or N)	Specific actions I’ll take/commitments I’ll make
<b>Five principles for keeping a positive mindset</b>			
	Practice any of these elements: <ul style="list-style-type: none"><li>• Grindfulness</li><li>• Focus on what you can control</li><li>• The change choice</li><li>• The 2P plan</li><li>• Be forward facing</li></ul>		
<b>How to stay positive by keeping perspective: the 3Cs of perspective</b>			
	Practice any of these elements: <ul style="list-style-type: none"><li>• Connect with positive people</li><li>• Create small offsets</li><li>• Consider the past</li></ul>		

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<b>Guiding your emotions to help overcome negativity</b>			
	<p>Apply the FRAME acronym to properly guide your emotions:</p> <ul style="list-style-type: none"><li><b>F</b>ocus on thoughts.</li><li><b>R</b>emember it's temporary.</li><li><b>A</b>ctivate change.</li><li><b>M</b>itigate the mood.</li><li><b>E</b>ngage to understand.</li></ul>		
<b>How to stop negative self-talk</b>			
	<ul style="list-style-type: none"><li>• Believe that you are good enough</li><li>• Remember that we think our differences make us lesser than, but they make us greater than</li><li>• Catch when you're beating yourself up, and in that moment, talk to yourself like you would a friend in need</li><li>• Remember the 90:10 rule</li></ul>		

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How to overcome fear of failure			
	<ul style="list-style-type: none"><li>• Commit not to fall into the fear of failure funnel</li><li>• Act on the acronym BRAVE: <b>B</b>urn the boats. <b>R</b>evisit your standards. <b>A</b>sk: “What am I really afraid of?” <b>V</b>alidate your assumptions. <b>E</b>xamine past failures.</li><li>• Reframe fear of failure</li><li>• Clarify the rules of risk-taking</li></ul>		
How to avoid losing your temper			
	<p>Practice the PALMS-up exercise:</p> <ul style="list-style-type: none"><li><b>P</b>roject.</li><li><b>A</b>cept.</li><li><b>L</b>augh.</li><li><b>M</b>easure.</li><li><b>S</b>eparate.</li></ul>		
How to handle criticism			
	<p>Practice the who, how, what model:</p> <ul style="list-style-type: none"><li>• Decide <i>who</i> gets to criticize you</li><li>• <i>How</i> you should react in the moment to criticism</li><li>• <i>What</i> to do with criticism afterward</li></ul>		

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<b>How to handle difficult people</b>			
	<p>Apply the STEP BACK method: <b>S</b>top wishing they were different. <b>T</b>ake the initiative. <b>E</b>go - set it aside. <b>P</b>roceed with curiosity, not contempt. <b>B</b>egin with you. <b>A</b>ssumptions on intention must stop. <b>C</b>reate small bridges. <b>K</b>eep their impact in perspective.</p>		
<b>How to handle negativity in the workplace</b>			
	<ul style="list-style-type: none"><li>• Drive awareness of the behavior's impact</li><li>• Switch the "isms"</li><li>• Challenge cynics</li><li>• Don't let falsehoods fester</li><li>• Build people's self-image and redirect their energy</li></ul>		
<b>How to handle constant negativity in the world</b>			
	<p>Practice the turn the channel exercise:</p> <ul style="list-style-type: none"><li>• The nature channel</li><li>• The yeah, but channel</li><li>• The big picture channel</li></ul>		

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<b>Staying positive by staying present in the moment</b>			
	<p>Achieve the Presence Peak:</p> <ul style="list-style-type: none"><li>• Stop multitasking</li><li>• Catch the drift</li><li>• Send signals of absorption</li></ul>		
<b>How to handle complaining to stay positive</b>			
	<ul style="list-style-type: none"><li>• Remember why we complain (so you can craft the right response) by remembering the acronym CAUSE: <b>C</b>an't solve the problem <b>A</b>ttention <b>U</b>nderlying insecurity <b>S</b>tress relief <b>E</b>nvironment</li><li>• If you're the one who complains too much, remember: "Nobody cares. Work harder."</li></ul>		
<b>Staying positive by choosing your words carefully</b>			
	<ul style="list-style-type: none"><li>• Remember the Sapir-Whorf hypothesis</li><li>• Think about what you're going to say</li><li>• Pause in the moment before you speak</li><li>– Recall the acronym WIT: words influence thoughts</li></ul>		

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A morning routine for positivity			
	<p>Practice to achieve all-day positivity:</p> <ul style="list-style-type: none"><li>• Goals: purpose goals, process goals, pitfall goals</li><li>• Affirmations: positive affirmations as well as avoiding what sets you off</li><li>• Sparks: exercise, meditation, me time, journaling, walking in nature, etc.</li></ul>		