

## Quick Consolidation: Build Positive Attitudes

A surprising focus for high-performing teachers is on the power of emotions and how they impact others. Remember, no matter how good your students get, unless you help them internalize those strengths and feel good about themselves for a solid reason, they will always have paralyzing doubts that hold them back. With this firmly in mind, answer the following reflection questions on how you can build positive attitudes in your students.

1. How has your understanding of the importance of building positive attitudes shifted after reading this chapter?
2. What are three strategies you're going to use to help students build a sense of gratitude? Why did you choose these strategies?
3. What are some resources in your community you can connect your students with to help them find service work they can get involved in?
4. How will you help students understand the value in acts of kindness and encourage students to engage in them with frequency?
5. Who are some real-world examples of people who approached life with a positive attitude and achieved great results that you can share with your students to help motivate them?