

Reflect on the Positivity Mindset

All meaningful and lasting change starts with a mirror. Now that you understand the concept of the positivity mindset and have strategies to foster hope and optimism in your classroom, it's time to self-assess and reflect on what comes next. Use the following questions to accomplish this.

1. How do you want to invest the rest of your career? Are you going to dismiss the hard scientific research on the power of positivity, claiming that it's not your thing, or are you going to make positivity your mindset, starting today?
2. What new narrative will you adopt about yourself and your students that fosters positivity in the classroom?
3. What strategy from part three can you use or adapt with fierce urgency to move the emotional set points in your students in a positive direction?
4. What support processes can you create to ensure you successfully implement this strategy?
5. How might you increase your ability to succeed by talking with and enlisting the support of colleagues, writing affirming notes to yourself, or adapting your lesson plans to use new strategies and narratives?

Keep this at the front of your brain: you always have a choice. If you aren't happy where you are, find a different job in education, move overseas and teach in an international school, or switch career paths and do something entirely different. Do what you ask your students to do: focus on optimism and hope, remember your strengths, be grateful, perform acts of kindness, and take responsibility for how you react to what happens to you. You can do this!