



Maintaining a Positive Outlook

TASK: Methods to Maintaining a Positive Outlook

CONDITIONS: Discussion- Question based

STANDARDS: Know methods that help you maintain a positive outlook

REFERENCE(S): <https://www.sft.army.mil/>



Maintaining a Positive Outlook

MAIN POINT #1 What positive outlook does for you.

SUB POINT: Opens you to absorbing more information and helps you do your job.

SUB POINT: Better family and working relations

SUB POINT: Allows you to build your resources

INSTRUCTION FACILITATION

DISCUSSION POINTS: What does Positive outlook do for you.

QUESTIONS: What are some of the things you can do to maintain a positive outlook?

What are some of the benefits of having a positive outlook?



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MAIN POINT #2 What are ways to maintain a positive outlook

SUB POINT: Take part in positive activities

SUB POINT: Wake up early, exercise, and plan ahead

SUB POINT: Healthy interaction/relationship, work/personal

INSTRUCTION FACILITATION

DISCUSSION POINTS: What are ways to maintain a positive outlook?

QUESTIONS: What are some positive activities you can interact in?

What are some things you can do to promote positive thinking?



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MAIN POINT #3 How does a positive outlook effect the group?

SUB POINT: Promotes team building

SUB POINT: Higher morale in the unit.

SUB POINT: Helps you and others face adversity

INSTRUCTION FACILITATION

DISCUSSION POINTS: How does a positive outlooks effect the group

QUESTIONS: How does a positive outlook play into team building?

What does positive outlook do for morale?

How does a positive outlook do to help you face adversity?