



## Staying Positive

*The ability to use tactics and strategies to overcome setbacks and achieve goals*

### GETTING STARTED Keeping trying

STEP  
0

#### I can tell when I feel positive or negative

What is an emotion?  
What do we mean by feeling positive or negative?  
How can we use our emotions to help us?

STEP  
1

#### I can tell when others feel positive or negative

How can you tell what emotions other people are feeling?  
How can you use your understanding of the situation to help work out how someone is feeling?

STEP  
2

#### I keep trying when something goes wrong

How do you feel when something goes wrong?  
Why might negative emotions make you want to give up?  
How can you try to keep going instead?

STEP  
3

#### I keep trying and stay calm when something goes wrong

How can you stay calm when something goes wrong?  
Why is this important?

STEP  
4

#### I keep trying when something goes wrong, and think about what happened

How can things going wrong also be chances to learn something new?  
What questions can we ask ourselves to learn lessons when something goes wrong?

STEP  
5

#### I keep trying when something goes wrong and help cheer others up

Why is it helpful to cheer people up?  
How can you cheer other people up when something goes wrong?

STEP  
6

#### I keep trying when something goes wrong and encourage others to keep trying too

How does motivation change when something goes wrong?  
How can you encourage others to stay motivated in the face of setbacks?



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## INTERMEDIATE Finding opportunities

### STEP 7

#### I look for opportunities in difficult situations

What do people mean when they say to 'look on the bright side' of something?

How can you identify opportunities in difficult situations?

### STEP 8

#### I look for opportunities in difficult situations, and share these with others

What can be the risk of sharing the positive side of a difficult situation?

How can we involve others with identifying the positive side?

### STEP 9

#### I look for opportunities in difficult situations, and adapt plans to use these opportunities

How can we make sure we fully understand a difficult situation?

How can we use our understanding of ourselves and the situation to adapt our plans?

### STEP 10

#### I look for opportunities in difficult situations, and create new plans to use these opportunities

How can we find opportunities in difficult situations?

How can we turn analysis into new plans?



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### ADVANCED

## Managing risks and rewards

### STEP 11

#### I identify risks and gains in opportunities

What is the value in identifying both risks and potential gains?

How can we compare the risks and potential gains?

### STEP 12

#### I identify risks and gains in opportunities, and make plans to manage them

What does it mean to mitigate risks?

How can careful planning help to overcome risk aversion?



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### MASTERY

## Supporting others to stay positive

### STEP 13

#### I support others to stay positive, by managing my own responses

When might you have to support others to stay positive?

How can you manage your emotional response to best support others?

Why is it important to manage both positive and negative emotional responses?

### STEP 14

#### I support others to stay positive, by helping others to see opportunities

How can coaching support others to stay positive?

What mindset does another individual have to be in so that they can be effectively coached?

How can you coach someone to identify new opportunities?

### STEP 15

#### I support others to stay positive, by helping others to see opportunities and creating plans to achieve them

How can you help someone to identify their strengths and weaknesses and explore opportunities and threats?

How can you support someone to set goals?

How can you coach someone to create a plan?