**“Your worst enemy cannot harm you as much as your own unguarded thoughts”**

**-** Buddha

One of our Superpowers is Positivity. Barbara Fredrickson writes **‘We all have the power to reshape our lives for the better’.** Our power grows as we experience positive emotions such as gratitude, joy, interest, and inspiration.

Increasing your positivity over time will change your life by changing how you view yourself.

Try the following exercise: (It’s deliberately like a game to get you to be playful and stop over thinking).

1. Cut out rectangles of card or paper ,about the size of playing cards, white or coloured (Coloured is more fun and can help creative thinking ☺).
2. On each piece, write out one of your typical negative thoughts (I’ve haven’t got enough time to do everything, I can’t get my voice heard etc…). Write as many of the phrases you hear yourself saying to yourself on a regular basis). The aim is to find and capture your negative thoughts.
3. Shuffle the cards.
4. Pick one at random and read it aloud.
5. Quickly and thoroughly dispute it. As though you were cross examining yourself in court. (I put it to you that, you have the same time you have every day, 1440 minutes! This is enough to time to achieve against your most important and urgent tasks, prioritise these then tackle what is your most important but not urgent task, then not important but urgent tasks and finally consider if you really need or want to do what is left).
6. Move on to the next card and repeat.
7. You could involve a partner in the exercise and ask them to dispute your thoughts. You could even help each other by taking turns.

As you work through the pack, you will become more sure of yourself and more confident in what you can achieve. Over time add to the pack any new negative thoughts that start to creep in and follow the process with them.

**References:**

* Fredrickson, B. (2010). Positivity: Ground-breaking research reveals how to release your inner optimist and thrive. Richmond: Oneworld.
* <https://www.eisenhower.me/eisenhower-matrix/> - Eisenhower’s Urgent/Important Principle