

# Get Positive



**Get Positive is an engaging, reflective activity designed to help participants focus on the positives in life, learn from their challenges, and set inspiring intentions for the future. By answering guided questions about past experiences and future aspirations, family members cultivate a mindset that attracts more positive outcomes.**



## Family Objects

### **Reflect on Personal Experiences:**

Family members take time to think about both the challenges and the happy moments from the past week and past six months, discovering lessons in every experience.

### **Cultivate a Positive Mindset:**

By focusing on the good in life—even amidst frustrations—participants learn to appreciate positive outcomes and foster a hopeful, optimistic outlook.

### **Set Positive Intentions for the Future:**

Everyone is encouraged to look ahead with excitement, identifying what they're anticipating and how they can build on past successes to create more joyful experiences.



## Success Milestones

### **Thoughtful Reflection on Frustrations:**

Participants successfully list recent frustrations and answer reflective questions about these experiences, identifying ways to learn and grow from negative moments.

### **Identification of Positive Experiences:**

Family members pinpoint key moments from the past six months that made them happy, sharing what they learned and how these experiences have shaped them.

### **Positive Outlook for the Future:**

Everyone clearly articulates what they are looking forward to in the coming months, demonstrating how focusing on the positives can help attract more good things in life.



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## Objective:

Get Positive is an engaging, reflective activity designed to help participants focus on the positives in life, learn from their challenges, and set inspiring intentions for the future. By answering guided questions about past experiences and future aspirations, family members cultivate a mindset that attracts more positive outcomes.

## Players:

- Suitable for individuals, small groups, or family gatherings.
- It can be used in classroom settings or as a personal reflection exercise at home.

## Materials Needed:

- Paper or notebooks
- Pens or pencils

## Setup:

1. **Prepare a Quiet Space:**
  - Ensure each participant has a quiet, comfortable space for reflection and writing.
2. **Distribute Materials:**
  - Provide paper (or a notebook) and a pen to each participant.
3. **Explain the Process:**
  - Briefly explain that the activity involves reflecting on recent challenges and positive experiences and then looking forward to the future with a positive mindset. Emphasise that this reflection is personal and meant to encourage growth and gratitude.

## Gameplay:

### Step 1: Reflect on the Past Week

- **List the Frustrations:**
  - Spend a few minutes writing down everything that has frustrated or annoyed you in the past 7 days.
- **Answer Reflective Questions:**
  - Reflect on why these moments frustrated you, who was involved, how you reacted, and what you could have done differently.
  - Consider what lessons you learned from these challenges, recognising that even negative experiences can offer valuable insights.



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## Step 2: Reflect on the Past 6 Months

- **Focus on the Positives:**
  - Think about the past six months and identify experiences that made you happy.
- **Answer Positive Reflection Questions:**
  - Write down the experiences that put a smile on your face, note who shared those moments with you, and explain how those experiences impacted your life.
  - Reflect on the lessons learned from these positive moments and consider how you can use these insights to support your future well-being.

## Step 3: Look Forward

- **Anticipate the Future:**
  - Think about the upcoming months and write down two things you're really looking forward to.
  - Explain why you're excited about these upcoming events and how they might positively influence your life.

## Final Reflection:

- Conclude by reminding yourself that "You get more of what you focus on."
- Reflect on the entire process and note any recurring themes of growth, gratitude, or positive change.
- Optionally, share your reflections with family members or friends to inspire each other.

## Winning the Game:

- There is no traditional "winner" in Get Positive—the real victory lies in the insights gained, the gratitude cultivated, and the positive mindset developed.
- The goal is to enhance personal well-being and encourage a shift towards focusing on the good in life.

## Variations for Different Settings:

### • Educational Edition:

Adapt the reflection questions to focus on academic or personal growth experiences relevant to school life.

### • Family Edition:

Use the activity as a nightly or weekly reflection at the dinner table, encouraging family members to share their thoughts and support one another.

### • Staff Edition:

Tailor the questions to include workplace challenges and successes, promoting a positive and collaborative professional environment.



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## Additional Notes:

Get Positive – Family Edition is a powerful, yet simple activity that encourages a shift in focus from challenges to opportunities and gratitude. By reflecting on past experiences and setting positive intentions for the future, participants can foster a mindset that attracts more joy and success. Encourage regular reflection to remind everyone of their growth and the good things in life, helping to create a supportive and uplifting atmosphere at home, in the classroom, or at work. Enjoy the journey of positive reflection, and let it inspire you to create more of the good stuff in life!

