

## Mindset Activity – Positive Thinking

Positive thinking. This simple exercise is about an insight, not a clinical inquiry. You may have an “aha” moment or affirm what you already know of yourself:

To begin:

Give yourself 60 seconds, to list all the emotions and feelings you have experienced.

In the past 24 hours:

How many did you list?

How many are ‘positive’ feelings or emotions?

How many were ‘negative’ feelings or emotions?

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(Result: Men usually list 8 on average and women 12 on first attempt)

Refer to the list provided [here](#)

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Now have another attempt, with the list as a prompt, giving yourself 60 seconds and return to the next question. Do not repeat your first list.

What is your new total adding your first and second attempts?

What was your overall result/proportion of negative and positive emotions?

What is your natural mindset?