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HOW TO DISCOVER
YOUR PERSONAL
BLUEPRINT
FOR POSITIVE GROWTH
AND DEVELOPMENT

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FOR POSITIVE GROWTH AND DEVELOPMENT



WORK  BOOK

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About the Author and the Book

Tom Erik Green is a psychotherapist and mentor. His experiences over a thirty-year period have formed this e-Book--the first in a series of books from PlusVendor AS. These books aim to create principles for personal growth and development available to everyone.

In our day to day lives, we have an overwhelming number of options as well as ever-increasing demands. As a result, many of us experience an undeniable discrepancy between the effort we spend working and the time we set apart for personal growth and development.

It's easy to see how this discrepancy costs us essential quality in our lives--like discovering and nurturing our interests and passions which often become neglected or forgotten as we proceed from year to year. This is how our genuine blueprint for a happy and successful life becomes hidden—our forgotten blueprint.

Today it is important for all of us to spend time working on our Personal Growth & Development. Only through these efforts will you be able to discover how to enjoy your true blueprint for a happy and successful life.

The guidebook to this workbook will explain the mental attitude at the heart of uncovering your true blueprint for a happy and successful life, and give you practical examples and ideas to reap the benefits of having a realistic and practical optimistic approach to life. This workbook is a crucial supplement to reinforce the necessary tools and ensure you carry forward all you've learned. This journey will bring you to a life of full potential—something we all deserve.

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Introduction

This workbook is a companion piece to our guide.

While it does not follow the guide by the letter, it's a perfect companion book. The workbook will certainly be easier to use if you have read the guide first.

The objective here is to guide you towards specific actions that will naturally lead to more positive thinking.

The first step towards positive thinking, will be working through this book honestly and openly. Really think about your answers. Don't rush through the exercises.

Once you have finished working through this guide, you will be well on your way to a more positive outlook and all its benefits!

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

- Mahatma Gandhi

Judging Your Current Level of Positivity

The first logical step in your journey to positivity is to figure out just how positive you are. Some people are naturally more positive and will adapt to new thinking patterns quite easily. Other people will need to devote a little more time and effort. The good news is anyone can get there - I am positive of this!

Once you are done with this section you will have an idea of just how much work you have ahead of you.

Positivity Exercise

Circle how true each statement is for you.

1. It takes me a long time to shake off a bad mood.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

2. I am not comfortable meeting new people.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

3. I don't get my hopes too high, because I hate disappointment.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

4. When something goes wrong, I fear the worst.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

5. I don't feel like I will reach my goals.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

6. I make mountains out of mole hills.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

7. I have no faith in humankind.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

8. I have a hard time relaxing.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

9. Overall I expect more bad things than good to happen.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

10. I can't make a decision without other people's input.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

11. I feel lonely.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

12. I don't keep in contact with friends and family.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

13. When I am stressed I totally shut down.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

14. I give up easily.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

15. When a good thing happens I am surprised.

1 (Not at all) 2 (A tiny bit) 3 (Somewhat) 4 (Yes) 5 (Dead on)

Scoring:

When you have completed the above questions, total up your answers and refer to the key below:

15-20: You are already quite positive. You should continue with your optimism and focus on learning basic techniques that keep you positive.

20-30: You are still fairly positive but you can sometimes get caught in negativity. Focus your energy on trying to improve any of the above issues that you marked higher than a 3.

30-45: You are in danger of being too negative. You should dedicate yourself to habit changes that will increase your positivity. Please pay extra attention to this guide, and work through it honestly.

45+: You are a dangerously negative thinker. Your negative thought patterns are almost assuredly holding you back from peak performance and they might even be affecting your health and well being. You should dedicate yourself to learning as much as you can about positive thinking. The good news is any one can change his thought patterns, and this guide is the perfect jumping-off point.

Figuring Out Your Positivity Obstacles

In the last section we figured out roughly how positive you are. If you are super positive already, then you are done. I have successfully cured you and will expect a check of appreciation sent to my home address.

However, I am guessing that you picked up this guide for a reason. I am going to assume that you indeed suffer from a lack of positive thinking.

The next natural step is to figure out what obstacles are keeping you from thinking more positively.

After working through this section you should have a good idea of what is holding you back from the benefits of positive thinking. Remember - be honest when answering these questions.

Blame and Criticism

1. Do you react defensively to criticism?
2. Do you think all problems are your own fault?
3. Did you have a strict upbringing full of blame?
4. Do you find yourself surrounded by critical people?

If you answered yes to any of these questions then blame and criticism may be a an obstacle to your positive thinking.

Conformity

1. Are you afraid to stick out from the crowd?
2. Would you rather go unnoticed at a party?
3. Do you try to please people even if it makes you unhappy?
4. Do you fear reaching past your comfort zone?

If you answered yes to any of these questions then your desire to conform may be holding you back from truly being positive.

Competition

1. Do you doubt your own ability to win?
2. Have you lost a lot of competitions?
3. Do you dwell on not winning?

If you answered yes to any of these questions then the fear of competition may be affecting your positivity.

Disappointment

1. Do you overreact to being disappointed?
2. Do you fear being disappointed by friends/family?
3. Do you refuse to get your hopes up fearing disappointment?

4. Have you become cynical from disappointment?

If you answered yes to any of these questions then your fear of disappointment is probably a contributing factor to your negative thought patterns.

Perfectionism

1. Do you criticize yourself for not being perfect?

2. Do you obsess over every little detail?

3. Do you fear not being perfect?

4. Do you dwell on past imperfections?

If you answered yes to any of these questions then your commitment to being perfect may be negatively affecting your thought patterns.

The above five obstacles are the most popular causes of negative thought patterns. Now that you have gone through them you can determine which of them you suffer from.

List any of the above obstacles to which you answered “yes” even once.

1. _____
2. _____
3. _____
4. _____
5. _____

The above obstacles are currently holding you back from positive thinking.

Identifying these obstacles is a great step in becoming a more positive thinker. While this section doesn't offer practical advice on how to think more positively, simply identifying your obstacles gives you power.

You now have a written list of obstacles that you know are holding you back. This is the first step to conquering your obstacles and increasing your positivity.

3 Reasoning Techniques to Overcome Obstacles

One of the traits of a positive person is to logically talk himself through negative experiences. This ability to reason allows us to cope with everything the world throws at us.

There are certain techniques that positive people employ when faced with tough situations. These techniques help them stay positive.

When you have completed this section you will have a better understanding of how positive people use their reasoning abilities.

Ambiguity

Ambiguity means that issues aren't always black and white. Black and white thinking is dangerous because it can lead you to classify everything as "good or bad" or "right and wrong." We know that in day-to-day life that is rarely the case.

Becoming more "ambiguous" will help you cope with your issues as well as see the good/positive side to things.

Exercises:

List 5 "Gray" Areas In Life

List five areas in life that aren't black and white. These should be general things not specific to yourself. **For example;** Protesting can be an inconvenience, but it can also help social change.

1.

2.

3.

4.

5.

List "Gray" Areas in YOUR Life

List 5 gray areas in your own life. Try to think about times that you felt strongly about something and then you changed your mind.

1.

2.

3.

4.

5.

These two exercises are fairly simple, but they help get your mind in the habit of looking at all sides of an issue. The more you think in this way, the more it will become second nature.

Next time you find yourself taking an absolute line on something, stop and try to consider all the angles.

Discrimination

Discrimination in this case is a benefit. Here it is the ability to look at a number of options and make a discerning choice.

If you feel comfortable making decisions like this, then you will feel more confident and think more positively.

Exercises:

Think of a Decision You Need to Make in One Area of Your Life:

Now List All of Your Different Options:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now Choose the Three Most Likely Options:

1.

2.

3.

List their Pros and Cons:

1. Pros:

Cons:

2. Pros:

Cons:

3. Pros:

Cons:

Review the Pros and Cons and Make a Decision!

Obviously this was a time-consuming task, but the more you do it the quicker you will be at making decisions. Discrimination is all about being able to make good decisions in the face of many choices. Keep practicing and it will become second nature.

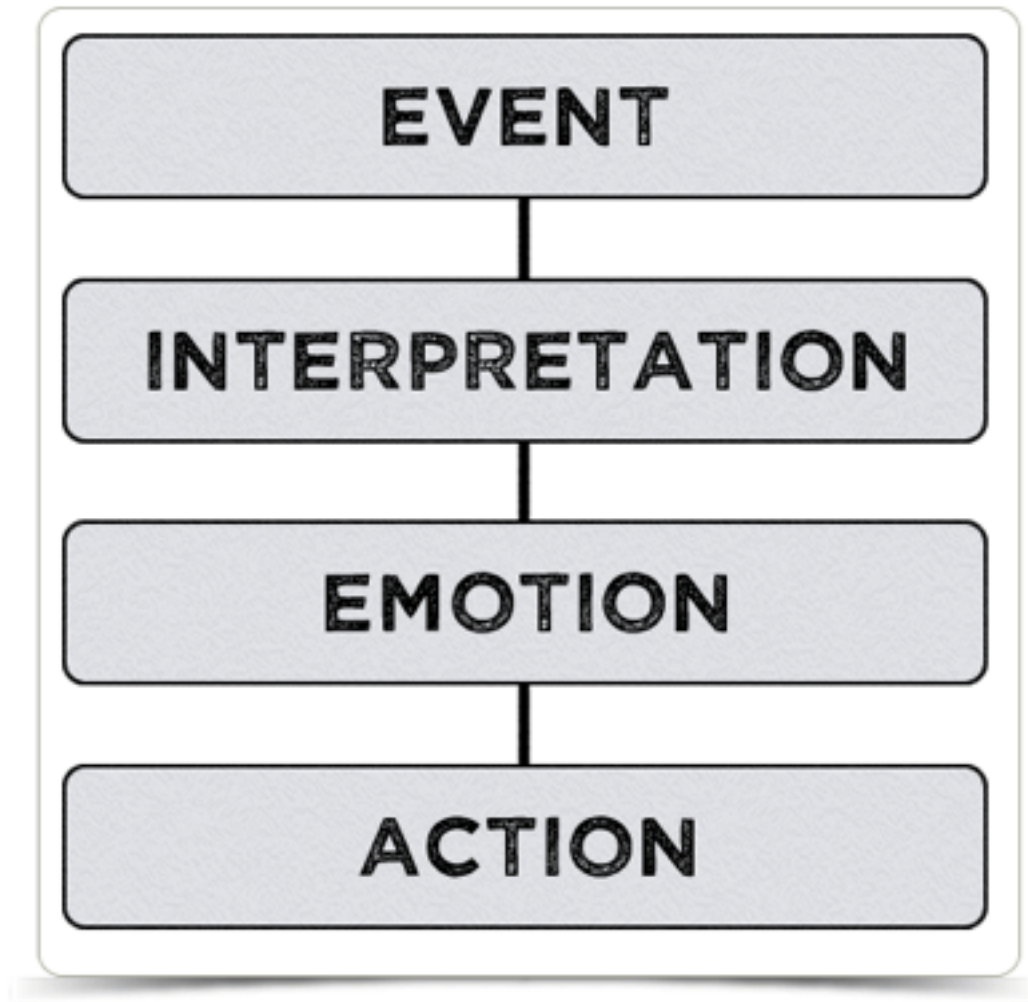
Detachment

Emotions are a part of our daily lives. I don't think anyone should be emotionless or cold, but you can't allow your emotions to take control of your life.

Detachment is the ability to analyze a problem or situation while putting your emotions aside. This is vital for positive thinking, because it allows you to look at a situation logically as opposed to emotionally.

Exercises:

In general, our emotions are created like the image on the following page:



An event happens to us, we interpret that event, our emotions are based on that interpretation and then we act based on the emotion.

We can't always control what events happen to us, or what decisions we have to make, but we can control our interpretation of those events. If our goal is to detach our emotions, we should focus on changing our interpretation. The following exercise will help. Examples are included.

1. **Think of the Last Problem You Had**

For example, you got passed up for a promotion.

2. **How Did You Interpret the Problem?**

For example, I thought it was horrible and meant I'd never get ahead in this company.

3. **How Did it Make You Feel Emotionally?**

For example, angry, hurt and depressed.

NOTE: See the dangers of emotional attachment. Being hurt or angry at your workplace could lead to some rash and life-altering situations.

4. **Think of a More Positive Interpretation of Your Problem**

For example, this is a temporary setback; there will be more promotions.

5. **Now, How Does This Make You Feel?**

For example, optimistic.

It is VERY likely that your second emotion was significantly more positive than the first one. This is the power of interpretation. The same event happened, but the emotions were entirely different.

When an event happens (including making a decision), consider ALL the interpretations of the situation. The more you do this the more natural and easy it will become. When you consider all of the interpretations you will be less likely to focus on the instant emotion you experienced. Your decision will be made by considering all options, instead of reacting emotionally.

Start Positive Thinking Now...

If you are this far into the guide then you know a couple of things:

- ★How positive you already are
- ★What is holding you back from positive thinking
- ★Some reasoning techniques to help you cope

We are now done! Nothing else to cover in this guide. Congrats on the hard work and...oh wait!

How could I forget the most important part...thinking positively!

This section is the “nuts and bolts” of this whole operation. In this section you will learn exercises that will help you start thinking positively right NOW.

Step One - Self Esteem

Self esteem is the basis for positive thinking and optimism. If you don't feel good about yourself, then you aren't going to be very positive. Increasing self esteem can be a tough battle, but these exercises will help guide you along the right path.

List Ten Great Things About Yourself

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

This will be easy for some, but much harder for others. If you find this easy, then shoot for 20! If you find it difficult to come up with ten great things about yourself, then this exercise is even more important for you. Sit down and make sure you list ten things before you move on. Everyone has ten positive traits. Everyone.

This list will help you discover you have more going for you than you realized.

Positive Experiences

Write briefly about a time when you displayed the following qualities:

Courage:

Wisdom:

Kindness:

Sacrifice:

Happiness:

Willpower:

Selflessness

Now you have real life examples of times when you have exhibited the traits of successful, happy people. If you have exhibited these traits once, you can do it again.

Strengths and Qualities

List three strengths/qualities for each section below:

Things I Am Good at:

1.

2.

3.

Compliments I Have Received:

1.

2.

3.

Things I Like About My Appearance:

1.

2.

3.

Challenges I Have Overcome:

1.

2.

3.

Like all of the self-esteem exercises, I highly encourage you to make sure to fill out each category. If you have more to add, please do!

The key now is to use everything you have written down. You have just created a long list of things for which you should be proud. These are the traits exhibited by successful and happy people.

Writing them down is only the first step. Make sure you reread this list often and come to believe in yourself. Say them out loud - every day if you can! Continually add positive traits every time you achieve a small triumph. Your self esteem and self worth are determined by you. Choose to believe in you.

Step Two – Identify and ATTACK Negative Thoughts

Once again we need to be completely honest with ourselves in this section. The previous section was all about feeling more comfortable with yourself. This section goes a step further by being more specific to your particular situation.

List 20 Negative Thoughts You Have About Yourself or Life in General

This isn't the most positive thing to think about, but identifying your negative triggers is fairly important to the process. Think about things you generally feel negative about. If you can't find 20 don't worry, list as many as you can.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

Now you have a list of 20 negative thoughts from which you suffer. In general, most people will list the things they find most negative in their lives. Some of your biggest and deepest negative thoughts most likely lurk in this list. But this is beneficial, because we need to be aware of these thoughts to continue to make progress...

From the Above List, Find 2-3 Thoughts that Truly "Hurt"

For this part, you need to reflect and pinpoint the negative beliefs that truly hurt you. More than likely a couple of the your thoughts are seriously affecting your overall happiness. Choose those now:

1.

2.

3.

Now Choose the SINGLE Thought that "Hurts" the Most, Write it Down and Move on to the Next Section.

For example, I will never amount to anything in my job.

Why Do You Believe This?

There must be reasons for you to believe the above negative thought to be true. For most people those reasons are directly related to some of the obstacles we mentioned earlier in this workbook. Fill out the following section to figure out what makes you believe in that negative thought.

What Happened? What is the event or evidence that makes you believe in your negative thought?

For example, I got passed over for a promotion.

What Emotions Run Through You? What negative emotions tie you to this belief?

For example, I feel a sense of failure and incompetence

Who Affects You? Which people in your life reinforce your negative feeling?

For example, *A coworker of mine always tells me the other guy deserved it more anyways.*

The above answers are what is locking you into this negative thought. Those are the locks that aren't allowing you to open the door to positivity. What do you need to open a lock? A key...exactly what the next section aims to provide.

The Keys

Evidence/What Happened Key - List the reasons or evidence that shows you CAN overcome your negative thought. Hint - a good place to start is the list of qualities and strengths you mentioned earlier.

For example, *I am hard-working and smart - it is only a matter of time.*

The Emotional Key - How would you feel if you didn't have the above negative thought? What if your largest fear/negative thought was nothing but a memory? What emotions would you feel then?

For example, *I would feel amazing if I knew I had a future in this company. I would be motivated to work harder.*

The Who Affects You Key - Who can inspire you to overcome your negative thoughts?

For example, I was friends with the guy who got the promotion; maybe I should take him out for lunch and pick his brain.

NOW you have all the necessary keys. The last step is to set some action-oriented goals that will help you overcome your negative thoughts. Use the above answers to help.

(For example: Make a goal to hang out with a person you mentioned who inspires you. Make a goal to accomplish something that will make you believe you can overcome this thought. Make a goal to embrace the emotions that will help you overcome negative thoughts.)

GOALS

For example, *Go to lunch with the guy who got the promotion.*

1.

2.

3.

4.

5.

The mere act of setting these goals will make you more positive.
Following through on them will help eliminate the negative thoughts that you had chosen.

You now have a template that you can use to work through all of your negative thoughts and beliefs!

Commit yourself to positive thinking and you will reap the rewards! Good luck.

Conclusion

This guide has helped to start you on the path to positive thinking.

There are a wide variety of benefits for optimistic people. These benefits are not limited to simply reaching your goals. Studies link positive thinking to less stress and better health.

This guide has taught you how to identify strengths, realize your negative thoughts, and provided you with a process to help attack your negative thoughts one at a time and as often as you need.

Thank you for using our guide, and I hope you learned a lot.

Tom Erik Green

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