

For Leaders:

# Positive Intelligence



**P**ositive Intelligence is a term coined by author and business leader Shirzad Chamine to describe the ability to choose your thoughts and emotions as needed so that you can perform at your best. The idea behind Positive Intelligence is that changing the way you think can help you put a more positive spin on what happens in your life. This makes you more productive overall.

## Try these simple steps to improve your Positive Intelligence:

- 1 If you are depressed or anxious, think of the opposite. Instead of dwelling on the worst-case scenario, imagine the most unlikely best-case outcome.
- 2 Pick an area in which you are having trouble and then create or invent new memorable or extremely favorable options to deal with that situation.
- 3 If your confidence and self-esteem are low, imagine scenes in which your confidence is increased.
- 4 Negative thoughts maintain their power unless neutralized by stronger, positive thoughts. With practice, eventually the positive thought will grow and associate with other positive thoughts.
- 5 When you cannot do anything to change a situation, work toward acceptance. Use thoughts like, "I don't really need it" or "it wasn't a good fit anyway."

## The Power of Positive Attitude

Keep in mind, having a positive attitude is not the result of having a great life; having a great life is the result of having a positive attitude. Make an active choice every day to enjoy life and you will.

### Here's how to start your day with a positive attitude:



Tell yourself:  
"It's going to be a beautiful day."



Greet everyone you meet cheerfully  
and say something positive.



Respond "I'm great!"  
when people ask how you are.



Spread some good news around.



Smile.



By responding positively, you set the tone for the rest of the day and put yourself in a better position to cope with difficult situations. A positive attitude can also help you achieve your goals, whether personal or professional.

#### Try these tips:

##### Avoid

- Negative thoughts and concentrate on positive ones
- Trying to be a “mind-reader”

##### Don't

- Dwelling on the past is a mistake. Forgive people who insult you.
- Seeing life as “all or none” or “black and white” limits your potential for growth
- Never take rejection personally

##### Keep

- Humor in your day
- Things in perspective



*If you're having trouble seeing the positive side of life, contact your Employee Assistance Program. We have the guidance, tools and resources to help you develop your Positive Intelligence.*

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