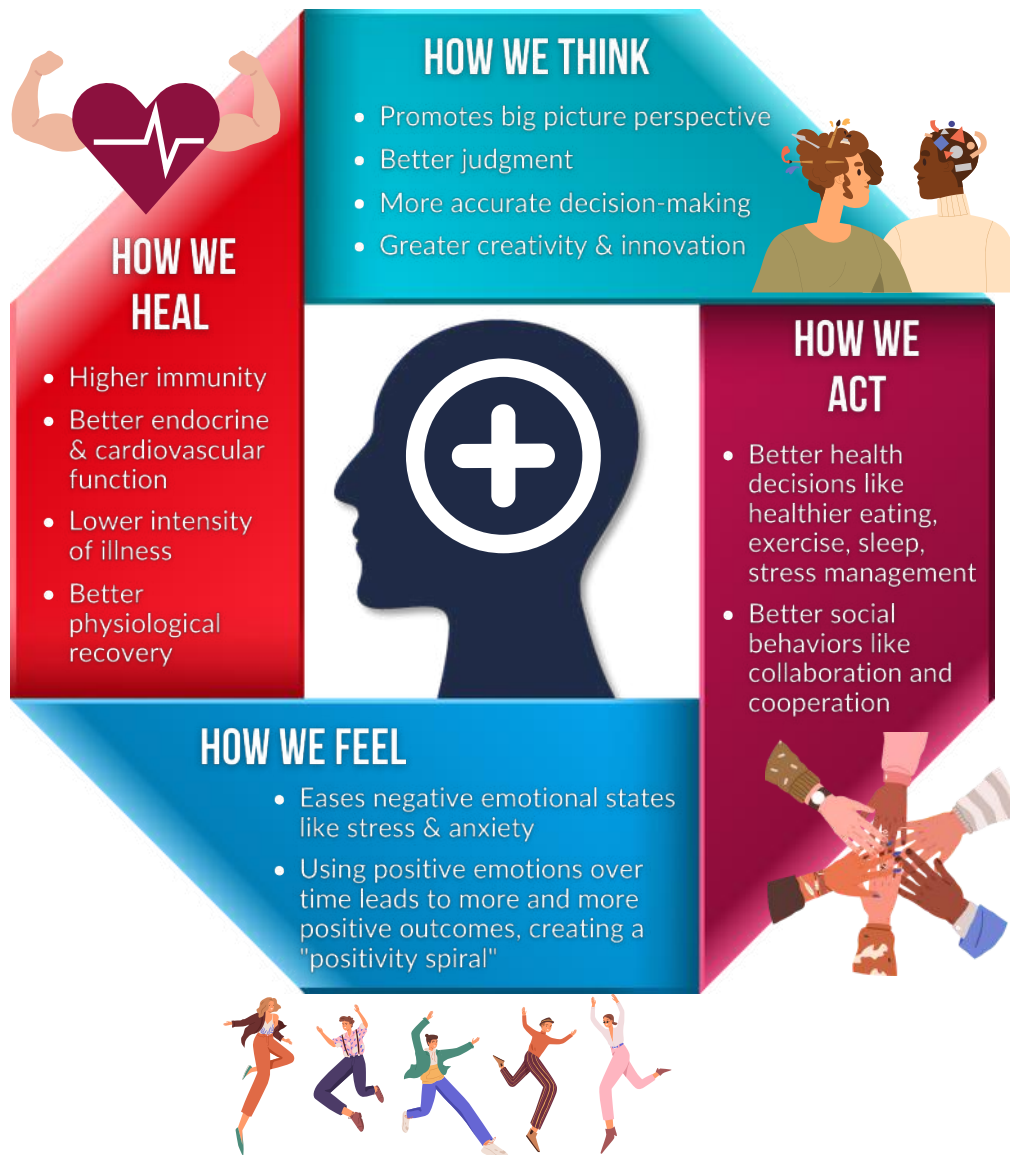


# POSITIVE EMOTIONS PRODUCE POSITIVE OUTCOMES

Research\* shows that practicing **positive emotions** (e.g., joy, gratitude) can have a **profound impact** on...

\*Diener, E., Thapa, S., & Tay, L. (2020). Positive emotions at work. *Annual Review of Organizational Psychology and Organizational Behavior*, 7, 451-477



## THOUGHT QUESTIONS:

- What could change in your life if you nurtured more positive emotions?
  - How might work be different? What could happen to your productivity & goals?
  - How might relationships improve?
  - What might happen to your health and overall happiness & contentment?
- Given these possibilities, what will you do to nurture more positivity on a regular basis?

