

**THE NEW
GUIDE
TO
DURING
COVID-19
POSITIVITY**



We are here to help—to help leaders and people in need—with resources and different ways to approach the pandemic that has touched us all.

All of us continue to be bombarded with the constant news and emails regurgitating the critical steps needed to remain healthy. These steps are vital for us all and for the slowdown of COVID19. However, they do little to *reignite the spirit and provide hope and a connection to what is ahead—* regardless of how different it will be. And, that is where **positivity** begins to emerge to the forefront of the human conscience.

Chaos and uncertainty have found us. All of us. It is fascinating how indiscriminate these unwelcome visitors are across all of society. And, how abruptly they have changed each of our daily lives. These uncertainties have names—COVID19, bear market, oil surplus, food insecurities, unemployment, and the list goes on. Rest assured, they are *visitors*—meaning they will come and go—however, it is disconcerting that none of us knows how long they will be with us. So, just as any intruder in our lives, we are faced with a choice: give in, give up or give a fight. That is where **positivity comes into play.**

Positivity is the glue that binds us to our desired future state and helps us stay connected to our dreams, to our goals, to what is important in our lives. In times like these, we have choices to make, yet, most of them are coated with a layer of deep concern and worry for what may be in the future. That is a future of which we have little control today—so why not embrace the one thing we innately have in a limitless quantity—positivity.

Many people confuse positivity with being upbeat, optimistic and happy. Research for the past two decades from the Deutser Clarity Institute shows that the positivity composition is far more complex, and its components are malleable. The 5 elements of positivity the Institute identified and tracks are: **inspiration, mindfulness, happiness, optimism, and gratitude.** Each of these elements vary *daily* based on what is happening in each of our own individual worlds. There are many tools to help people see their future through a lens of positivity.

With much of the world quarantined or relegated to remaining at home and wondering what the future will hold, here are some tools to rethink your new current state. We don't expect everyone to try everything, but we are hopeful that something here can help you get through a challenging moment or set up your day to be something more.

The hope is that you will share these with your partners, teams, employees (wherever they may be) or a family member to create a discussion at home to create new powerful connections based on positivity, instead of fear.

POSITIVITY AS THE GLUE (POSITIVITY QUOTIENT™)

As individuals, we can be positive even in a day we are stressed, fearful or unhappy. It is why the Personal Positivity Quotient™ was developed—to help you think about your positivity daily, measure it and create action to impact it in a meaningful way. *This is a great exercise for individuals and family members.*

EXERCISE

MAP OUT YOUR POSITIVITY QUOTIENT™ BY EVALUATING EACH OF THE 5 COMPONENTS ON A SCALE OF +10 TO -10. THEN ADD THE TOTALS UP AND DIVIDE BY 5 AND ADD THE SCORES TOGETHER TO GET YOUR DAILY SCORE. EACH DAY YOUR SCORE WILL VARY. ASK YOURSELF WHAT IS DRIVING THE HIGH SCORES AND THE LOWER SCORES.

[CLICK HERE TO MAP YOUR POSITIVITY QUOTIENT](#)

PROTECTING YOUR ENERGY (CIRCUIT BREAKERS)

One of the most powerful exercises in *Leading Clarity: The Breakthrough Strategy to Unleash People, Profits and Performance* focuses on understanding the 13 things that impede the flow of our personal energy each day. When people are attuned to notice and understand what is blocking their natural energy, they are able to re-open space for the energy to flow, allowing them to make better decisions while removing the uncomfortable feeling of being stuck without a pathway forward.

This is a great exercise for individuals and family members.

EXERCISE

MAP OUT THE 13 CIRCUIT BREAKERS ON THE ENERGY GRID IN THE EXERCISE. AFTER PLOTTING EACH OF THE CIRCUIT BREAKERS ON THE GRID, EVALUATE THOSE THAT ARE IN THE OVERLOAD AND ACUTE. DON'T SIMPLY GIVE IN TO THEM, THINK ABOUT WAYS YOU CAN ACKNOWLEDGE THEM IN THE MOMENT AND MOVE THEM ASIDE. IN ADDITION TO DOING IT ON YOUR OWN, TRY IT WITH YOUR TEAMS, EVEN WORKING REMOTELY. AND, WITH YOUR FAMILY. ASK THE BASIC QUESTIONS TO OPEN ENERGY PATHWAYS, HUMAN CONNECTIONS AND OPENNESS FOR WHAT IS NEXT.

[CLICK HERE FOR THE CIRCUIT BREAKERS EXERCISE](#)

5 DAILY ACTIONS TOTALING 12 MINUTES (HAPPY YOU YEAR)

Positivity is within our reach, but it starts with each of us and how we frame, nurture and protect our minds. There are 5 daily actions that take 12 minutes each day—Set Your Trajectory, Intentional Mindfulness, ‘Pick One’ Leadership Habit, GratitUde, and Positivity Quotient™. Individually, each exercise is powerful, but collectively, it sets the trajectory for your mind and day. *This is a great exercise for individuals and family members.*

EXERCISE

SPEND ONE MINUTE ON EACH OF THE EXERCISES AND EIGHT MINUTES ON THE MINDFUL MEDITATION EXERCISE. THEN, CHART YOUR POSITIVITY EACH DAY AND PUT YOUR INTENTIONS INTO ACTION. TAKE IT A STEP FURTHER BY ASKING YOURSELF QUESTIONS ABOUT EACH EXERCISE—WHAT YOU ARE GOING TO DO AND HOW ARE YOU GOING TO MEASURE YOUR SUCCESS.

**CLICK HERE TO TAKE
DAILY ACTION**

INTENTIONAL BAGGAGE CARRYING (PURPOSEFUL POSITIVITY)

As humans, we have a choice about what we carry with us and what we give out to the world. This exercise encourages letting go of things that we do not need to carry forward with us to the next day or week; bringing forward only select things that we must carry with us (not our to-do list); and identifying things we are most grateful for in our lives. *This is a great exercise for individuals.*

EXERCISE

WRITE DOWN 3 THINGS YOU ARE PLANNING TO LET GO OF IN THE COMING WEEK. WRITE DOWN 5 THINGS YOU ARE PLANNING TO BRING FORWARD IN THE COMING WEEK. WRITE DOWN 10 THINGS YOU ARE GRATEFUL FOR IN YOUR LIFE. THEN, PLACE AN IMAGINARY SUITCASE BY THE DOOR YOU TYPICALLY ENTER AND EXIT FROM MOST FREQUENTLY IN YOUR HOME AND MAKE A MENTAL HABIT OF LEAVING YOUR BAGGAGE BEHIND.

**CLICK HERE TO PRACTICE
PURPOSEFUL POSITIVITY**

MORNING HABITS (8 MORNING CLARITY EXERCISES)

Good morning! It's the way our day is supposed to start—that is, until we think about the challenges of our day, watch the news, check our feeds or get information that derails us. This is where the 8 Morning Habits can help start your day and influence how you experience it. Like many things, this is about getting back to the basics—and leaving technology aside as you inhale the goodness of the day ahead. *This is a great exercise for individuals.*

EXERCISE

CONSIDER ONE OR TRY THEM ALL. THESE ARE BASIC HABITS THAT CAN GET YOUR DAY AND MIND SET UP TO SUCCEED AT WHATEVER THE DAY THROWS AT YOU.

[CLICK HERE TO TRY NEW HABITS](#)



GRATITUDE FOR THE LEADER OF YOU (1 DAILY GRAFFORMATION™)

It is easy to find things we are grateful for about others in our lives—we often start with family, friends, significant others, children, health...it is much harder to look inward with this same exercise. Because you are the leader of you, regardless of who you are or what you do, it is imperative for you to embrace and celebrate the things that make you unique. You owe it to yourself to dig deep and reflect on the special things about you each day of the month—in writing and with spoken affirmation. *This is a great exercise for everyone!*

EXERCISE

EACH DAY WRITE DOWN ONE THING THAT YOU ARE GRATEFUL FOR ABOUT YOU—YOU AND ONLY YOU! THE CHALLENGE IN THIS EXERCISE IS THAT YOU CANNOT REPEAT WHAT YOU ARE GRATEFUL FOR AT ANY TIME DURING THE MONTH. GO 30 DAYS WITH 30 MESSAGES OF GRATITUDE ABOUT YOU. AFTER YOU WRITE THE ONE GRATITUDE DOWN, TURN IT INTO A POSITIVE AFFIRMATION OR WHAT WE CALL A “GRAFFORMATION™”—SAY OUT LOUD THE GRATITUDE: “I AM GRATEFUL FOR ME AND MY _____. IT MAKES ME “ME” AND FOR THAT I AM THANKFUL.”

[CLICK HERE TO TAKE THE EXERCISE](#)

Each of these exercises is available for free download.

It is important that each of us continue to hope, to plan, to connect, to dream, to believe and to share. Positivity is at the heart of being in clarity—and is the great connector of where we are and where we want and need to be in the future.



DEUTSER**CLARITY**INSTITUTE

Through the Deutser Clarity Institute, Deutser provides leaders and organizations with immersive and thought-provoking workshops, products and publications for times of transition and growth.

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