

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #49 Workbook

UPLIFT!

# TONIGHT'S CALL

- Introductions (20 Mins)
  - Positive Psychology (10 mins)
  - State Change (3–5 mins)
  - “UPLIFT!” GROUP ACTIVITY! (60 mins)
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## INTRODUCTIONS

(20 Mins, 1 mins each)

*Fawn will lead intros*

1. Name
2. Location
3. How are you feeling (emotionally, mood)?
  - 3b. How are you feeling overall on a scale from 1–10:  
1=Terrible, 5=Meh, 10=Extraordinary!
4. One of your favorite Characters from a book/movie

# POSITIVE PSYCHOLOGY

www.positivepsychology.com

Positive psychology has been described in many ways and with many words, but the commonly accepted definition of the field is this:

*Positive psychology is the scientific study of what makes life most worth living” and “the study of how to help people flourish and live their best lives.”*

*In positive psychology, there is an emphasis on MEANING and FLOURISHING, not just on fleeting happiness... (the Pleasant Life (Hollywood’s view of happiness), the Good Life (focused on personal strengths and states of “flow”), and the Meaningful Life (aimed toward a higher purpose).*

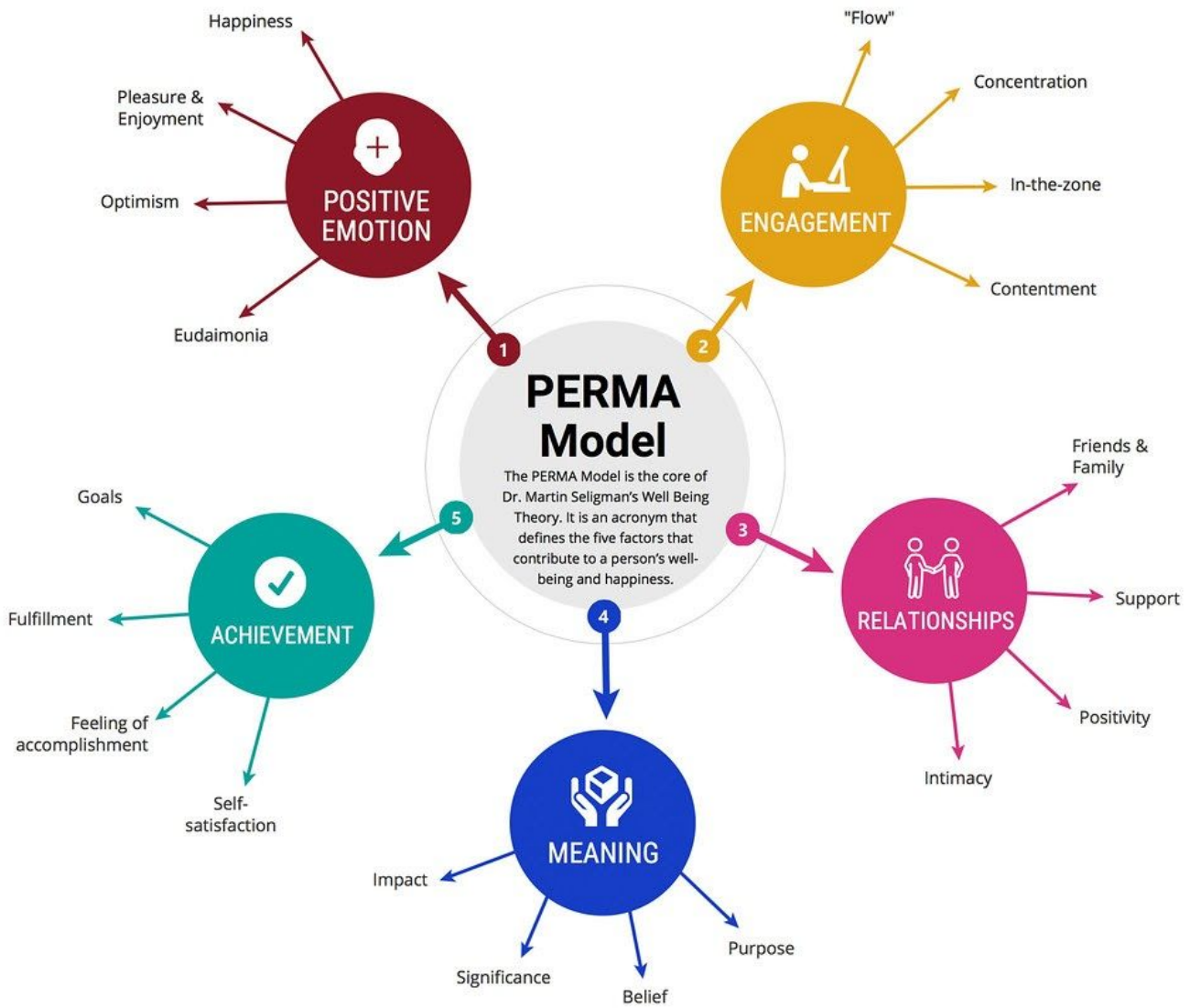
Positive psychology is a scientific approach to studying human thoughts, feelings, and behavior, with a focus on strengths instead of weaknesses, building the good in life instead of repairing the bad, and taking the lives of average people up to “great” instead of focusing solely on moving those who are struggling up to “normal”

## What Positive Psychology Focuses on in a Nutshell

Positive psychology focuses on the positive events and influences in life, including:

1. Positive experiences (like happiness, joy, inspiration, and love).
2. Positive states and traits (like gratitude, resilience, and compassion).
3. Positive institutions (applying positive principles within entire organizations and institutions).

*As a field, positive psychology spends much of its time thinking about topics like character strengths, optimism, life satisfaction, happiness, well-being, gratitude, compassion (as well as self-compassion), self-esteem and self-confidence, hope, and elevation.*



Nina Collins

# LET'S GET UPLIFTED!

GROUP ROUND-ROBIN (2-3 Mins Each)

PLEASE SHARE...

1. Something you're proud of (can be NOW or ANY time in your life)
2. Something challenging that you've overcome in your life...
  - o What was your biggest obstacle + breakthrough?
3. Something you've created that brings you joy and/or satisfaction...
4. An example of when you demonstrated generosity and it really lit you up...
5. A time when you "stuck with it" when you didn't "feel like it" – and you're so happy that you did...
6. A time when you were totally IN THE ZONE and loved it!

FOLLOW UP

Questioner Choose ONE

A. Please tell us in your "Favorite Character" voice: *What was the best part of \_\_\_?*

- o "THE BEST PART OF \_\_\_ WAS/IS..."
- o GROUP GOES WILD!

B. Repeat after me: *"Heck YEAH I did \_\_\_ (the thing)\_\_\_ and I feel REALLY GREAT about myself for doing it!"*

- o GROUP does the "YES YOU DID" double-palm-pump!

## NOTES