CREATE YOUR PROACTIVE POSITIVE EXPLOSION

A Proactive Positive Explosion occurs when you make identifiable, planned and consistent progress in 3 areas of your life: (1) the health and fitness area (which can include such things as diet and exercise); (2) the cognitive area (which can include work activities, hobbies, and interests that are intellectually challenging); (3) the social area (you will get an added psychological bonus if you choose activities that involve helping others). Select activities within these areas that are meaningful to you.

Progress in 3 areas becomes the “game changer” or the “tipping point”. You will find it impossible to set out to make 3 meaningful changes, actually make them, and not experience a PROACTIVE POSITIVE EXPLOSION that makes you feel permanently better about yourself and what you can achieve.

Select 3 areas to work on in a playful manner. Stay with it for a month and record you progress on separate sheets. After a month, you can select new activities – but you probably won’t want to if your original choices are meaningful and you are motivated to change.

Record your progress on separate sheets or in a PROACTIVE POSITIVE EXPLOSION notebook.

NAME ______________________________________  START DATE ____________________________

AREAS FOR CHANGE

1. ____________________________________________________________________________________

2. ____________________________________________________________________________________

3. ____________________________________________________________________________________