



CONNECTION: POSITIVE PROJECTION

People are more kind, hardworking, and well-intentioned than we give them credit for. Unfortunately, we tend to be cynical or judgmental with others. Yet study after study has confirmed that if you project positive traits upon another they rise to the occasion. Students who are treated as intelligent actually score better on tests. Spouses who give their partner the benefit of the doubt and praise even above their behaviors tend to stay married longer. This is common sense: Treat people with respect and dignity, projecting good energy their way, and they'll connect with you better. With these ideas in mind, complete the sentences below.

Describe a time you assumed the worst of someone only to find out you were wrong...

Who in your life could use some more positive energy and credit from you? How could you show it to them?

What sentence or phrase could you say to yourself before talking with your loved ones so that you could consistently practice positive projection toward them?

What sentence or phrase could you say to yourself before talking with your peers/coworkers so that you could consistently practice positive projection toward them?

What sentence or phrase could you say to yourself before meeting new people so that you could consistently practice positive projection toward them?

How can you lift your level of respect and positive energy you give to people in general?