



The Center To Really Live Inc.

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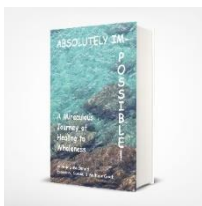
To Really Live Blog – By Angela MacDonald

Finding the Positive in Not So Positive Times

I had the opportunity to be a presenter at the Sheridan College HRSA conference – Evolution 21: Emerge, Embrace, and Empower! It was a great opportunity to address the challenge of ‘finding the positive in not so positive times.’ I spoke about positive psychology coaching in the workplace, peak performance skills, learned optimism, and appreciative inquiry. Those are only a few of many ways that coaching is beneficial in the workplace. This is an opportune time to take advantage of coaching. Leaders, managers, and employees could all use a cheerleader behind them. Someone who will support them through challenges and raise them up with more successes. This is a great time to be curious, optimistic, and more importantly, innovative. And it’s essential to address well-being in the workplace, putting it in the forefront of strategic planning with innovative ways of managing it.

“Identify the positive in the negative things you experience. Changing your perceptions will change your energy and outcome.”

Angela MacDonald



Book Coming in 2021!

Absolutely I’m-possible!

A Miraculous Journey of
Healing to Wholeness

A Teaching Memoir – Being told she can’t to proving she will! Life lessons to learn from a quadriplegic with epilepsy who transformed into a walking, seizure-free miracle! This book will take you on a journey of healing to wholeness, transforming the *Impossible* to *I’m-possible* to really live a life you call your own! By Angela MacDonald

I talked about peak performers and key skills that they develop to master living from this place in all areas of their life. They draw on peak experiences that they have had in the past which helps connect with the positive feelings that were present at that time and in turn, identify ways to create a similar feeling and experience in the present moment. There’s a connection between your best experiences in the past and how it can influence your present and future.

Optimism entails finding ways to manage both good and bad events based on time, scope and personalization. It’s about igniting a sense of hope and learning new behaviours that will support you in advancing, even in the most challenging times. Optimism will bring you more opportunities, more often. It supports you to see that bad events are temporary and specific to one situation. The optimist believes they influence good events and that it is not just about luck. They discover opportunities even in the darkest times.

And appreciative inquiry creates a state of well-being and accomplishments. It includes four steps: 1) Discover – identify you at your best peak experience; 2) Dream – imagine what might be possible; 3) Design – construct your own future with vision and purpose; 4) Destiny – determine the action plan.

There’s a connection between your best experiences in the past and how it can be used in the present and future. This supports your choice of optimism over pessimism. I can attest to this based on the miraculous life experiences I have had. At any time of challenge, I reference back to my diving accident and recovering from being a quadriplegic. I replay the experience of having brain surgery for the epilepsy and waking up, intuitively knowing it was gone. Those are just a couple of a multitude of peak experiences I have had in my life and have been supported by my optimistic attitude that I developed. I am excited to share more on this in my upcoming book, *Absolutely I’m possible!* A teaching memoir and self-help book. Stay tuned to learn how you can do this too! You have the power to create a life to really live!

Coaching

Positive Psychology Health
and Wellness Coaching

Executive Coaching

Career Coaching

Group Coaching

Workshops

Leadership Development

Team Building

Conflict Management

Stress Management

Health and Wellness



Peak Experience Exercise to Keep You in the Positive

There's a connection between your best experiences in the past and how it can influence your present and future.

Think about a peak experience or best experience that you have had in life when you felt a high level of well-being and satisfaction. You may have felt most alive, involved, or excited about what was happening in your life and what you were involved in. Many areas of life may have been working in positive ways. You may have been learning new information about well-being and what that means to you. You may have had an increase in self-awareness. What was going on? Who was involved? What feelings did you have? Make note of the details of this story or peak experience.

Gratitude

Gratitude has the power to: heal, energize, and change lives.

Gratitude is good medicine. Gratitude is fertilizer for the mind.

Gratitude rescues – it's our mental immunity.

Gratitude is a choice.

"Gratitude is a vaccine, an antioxidant, and an antiseptic."

John Henry Jowett

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- What are the main points about your best experience of well-being story?
- What are three to five strengths that are evident in that peak experience/story? (Strength Finder Assessment is helpful here).
- What other main strengths, talent themes, or character strengths do you have that are not present in the above story?
- What are two to three well-being wishes/dreams for your future?
- What ideas or insights come to mind after answering the above questions?
- Create a well-being vision statement. This will describe you at your highest level of well-being. It will be based on you at your best and written in present tense.
- Include or focus on your strengths from past peak experiences.
- Write a vision statement that you feel pulled towards when you read it. One that expands your possibilities and opportunities.
- What will you need to turn this vision into reality?
- Write the goal in regards to transformation in action. Make a commitment to a plan of action.
- Book a coaching session to dive deeper into this exercise, gain clarity, and have your coach hold you accountable.

Contact information

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Let's connect and dis-cover what else is possible!

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