



## ***Working Remotely: Tip of the Week***

May 17, 2021

### **Flourish with Positive Psychology**

With all that you do and are going through in this pandemic time, many may feel overwhelmed and scattered at the end of this academic year. You are busy yet may not feel like much was accomplished by the end of the day. Instead of asking ourselves, "What did I get done today? Not much," change the question.

How you ask a question gets people to think and feel differently. At the end of a workday, consciously ask yourself the following questions:

- What did I do well today?
- What am I proud of?
- What did others do well today, and did I acknowledge them, or could I have acknowledged them?

Just as important as asking yourself these questions is to ask others. These questions can change how people respond, think, and feel. The power of asking 'what went well today' has a much more positive effect than asking the rather routine question of 'what did you do today.'

Research in positive psychology demonstrates that when we ask these questions instead of a 'how was your day' question, they lead to a mindset that creates an openness to learning, to feeling more supercharged or terrific. Intentionally asked questions like those above can promote better functioning among individuals and teams and help us flourish (see Seligman 2011; Biswas-Diener, 2010).

This simple approach (also a coaching technique) can create a positive psychological effect in the following situations:

- Opening a 1 to 1 meeting
- Starting a group meeting
- At dinner time with family and friends
- At children's bedtime

To get our day, week, or end of day jump-started, do the following exercise right now: write down three good things that happened in the last 24 hours and describe what made them good. Yes, write them down!

The power of writing and reflecting is a proven coaching tool that helps us to think very intentionally and change our mindset. Additionally, one might use the above activity to get a

meeting started or a conversation rolling simply because of its positive psychological effect to get us thinking differently.

For more Tips on working remotely, please visit <https://bit.ly/mc-remote-working-e> and watch for the next tip on June 1, 2021.

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## **References**

Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press.

Biswas-Diener, R. (2013). *Practicing positive psychology coaching: Assessment, activities and strategies for success*. Hoboken, N.J: Wiley.