

Lesson 6

How did it go? Were you able to engage with the course?

Did you read all the materials?

Did you carry out every homework task?

If not, what were the barriers?

Over the last few lessons, you've learned about the game-changing effects of optimistic thinking at work. You've read about ways of 'savouring' good experiences at work. You've heard how to use your work break to good effect and how you can be re-energised through mindfulness and relaxation strategies. You've read about the benefits to your working life when evaluating your work-life balance. You've seen how by noticing and changing the way you view situations that a more optimistic outlook can occur. You've in total, learned about the connection between optimistic thinking and physical/mental health, and social benefits, in addition to the potential for improvements in work performance and higher earnings.

What will you do now?

Will you go back to how you were before this training course?

Will you continue with any of the strategies? If so, which ones?

What's your preferred method of learning? Is it through writing, recording thoughts, listening to and engaging with meditation and guided imagery scripts, reading, or talking to others?

	Strategies I'll continue	Strategies I'll start to look at more	Strategies that don't work for me
Record Pleasurable Work Tasks			
Savouring Good Moments at Work			
Mindfulness meditation			
Guided imagery script			
Savouring nature script			
Build mindful exercise into routine			
Do an ABC on your responses to challenging situations			

Hope the future looks brighter to you now. Remember, if you do nothing, change is unlikely to happen.

Best wishes!