

Applying Positivity Talents in Careers

- Interview people who are currently in jobs that interest you. Shadow them to see what they really do day in and day out.
- Go to career fairs where you can interact with lots of different people and learn about many different roles.
- You will thrive in work environments that are fun, fast-paced, and people-oriented.
- Relaxed, social, pleasant environments where your optimism and sense of humor will be appreciated are likely to bring out your best. Avoid environments where cynicism and negativity are seen as "cool."
- Choose work for which you have passion. You will be energized when you are in environments that encourage your hopeful view of the future.
- Choose a career in which you can help others be more effective. Interview coaches, teachers, sales reps, marketing executives, realtors, or managers and ask them what they like most about their work.

Applying Positivity Talents in Academics

- Help make learning fun.
- Share praise when appropriate.
- Help classmates laugh and relax when needed.
- Contribute to exciting class discussions.