



# THE RESILIENCE READER

## CHAPTER 2: HUNT THE GOOD STUFF #HTGS

Science informs us that people who are Optimistic are also:

Happier  
Healthier  
Have stronger relationships  
Perform better  
Are more successful



## WHY WE #HTGS

### NEGATIVITY BIAS

**A BASIC SURVIVAL INSTINCT FROM THE BEGINNING OF TIME.**

### Fighting the Negativity Bias

Focusing on the "bad" or "negative" events in life have kept humans alive for centuries, however, we don't need that response any more.

To fight this we intentionally focus on The "Good" By Hunting th Good Stuff!

### How to Hunt the Good Stuff

Several times a week write a reflection:

- Why did this good thing happen?
- What does this good thing mean to you?
- How does this good thing make you feel?



## #HTGS AT THE DINNER TABLE

Need something to talk about at the dinner time? Focusing on the good as a family is a great way to start.

Question Prompts to promote the conversation:

Tell me something good that happened today.

What made that such a good thing?

## #HTGS ON SOCIAL MEDIA

**SHARE WITH THE WORLD YOUR "GOOD"! SHARE ACHIEVEMENTS, SHOUT OUTS TO FRIENDS, PROUD MOMENTS, AND MORE!**

**DON'T FORGET TO SHARE WHY THEY ARE GOOD THINGS!**



# #HTGS JOURNAL



THIS BOOK BELONGS TO:

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FILL OUT ONE SELF-CHECK AND ONE HUNT THE GOOD  
STUFF PAGE A DAY.

# #HTGS ACTIVITY

## DAILY PERSONAL CHECK

**It isn't the emotion you're feeling, it is what you do with it!**

IT IS AS NATURAL TO FEEL ANGER, LONELY, WORRY, AND RAGE, JUST AS MUCH AS HAPPY, ECSTATIC, CONFIDENT, AND PROUD. WHAT YOU DO WITH THOSE EMOTIONS IS WHAT MATTER

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(CHECK ALL THAT YOU FELT!)

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ANGRY\_\_  
DISGUSTED\_\_  
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PROUD\_\_

### LIST EMOTIONS

FELT THE MOST TODAY.

### HOW DID YOU PHYSICALLY FEEL?

(CHECK ALL THAT YOU FELT!)

"BUTTERFLIES IN STOMACH"\_\_  
TIGHT SHOULDERS\_\_  
DIFFICULTY...  
BREATHING\_\_  
SLEEPING\_\_  
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HOW DO YOU CURRENTLY  
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**Remember! There are no "Good" or "Bad" Emotions**

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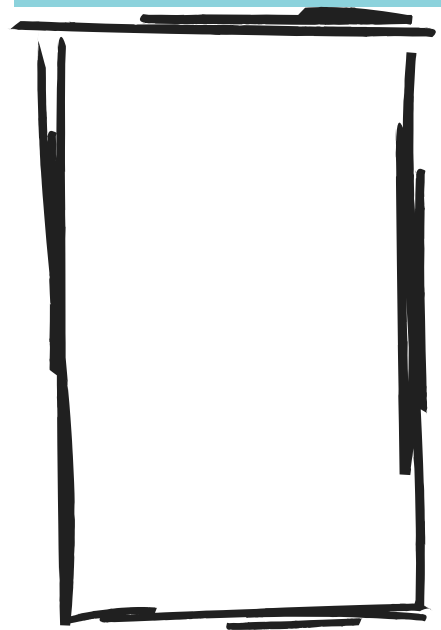
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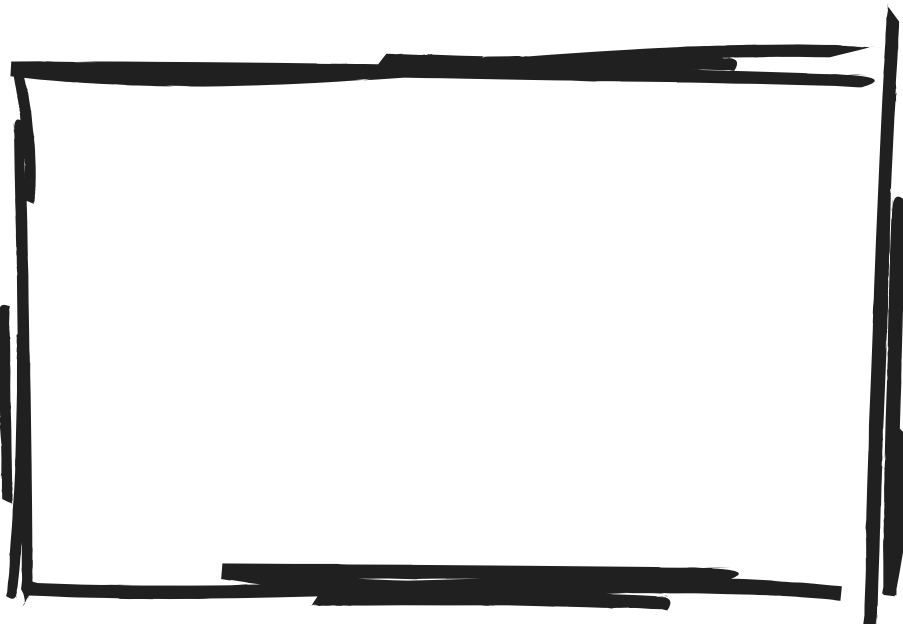
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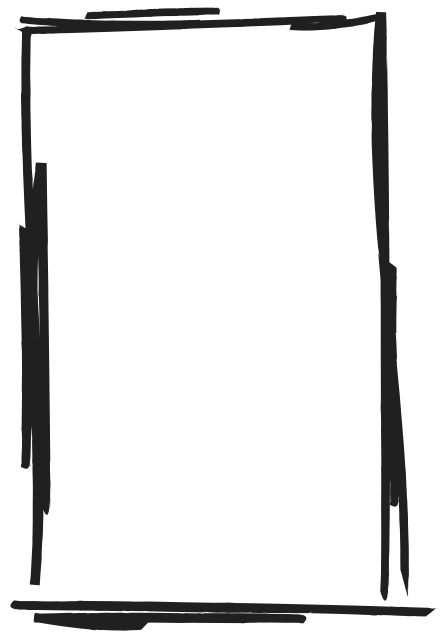
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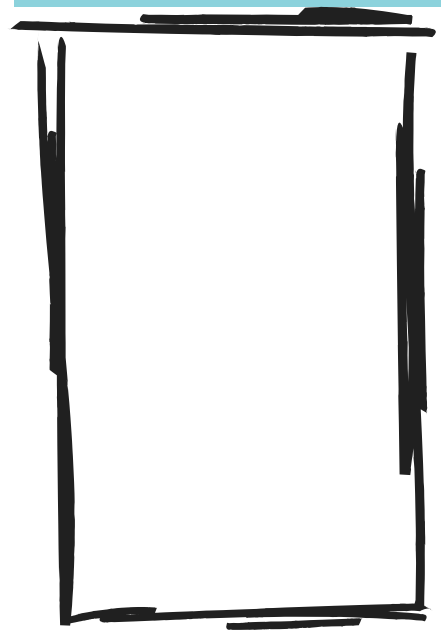
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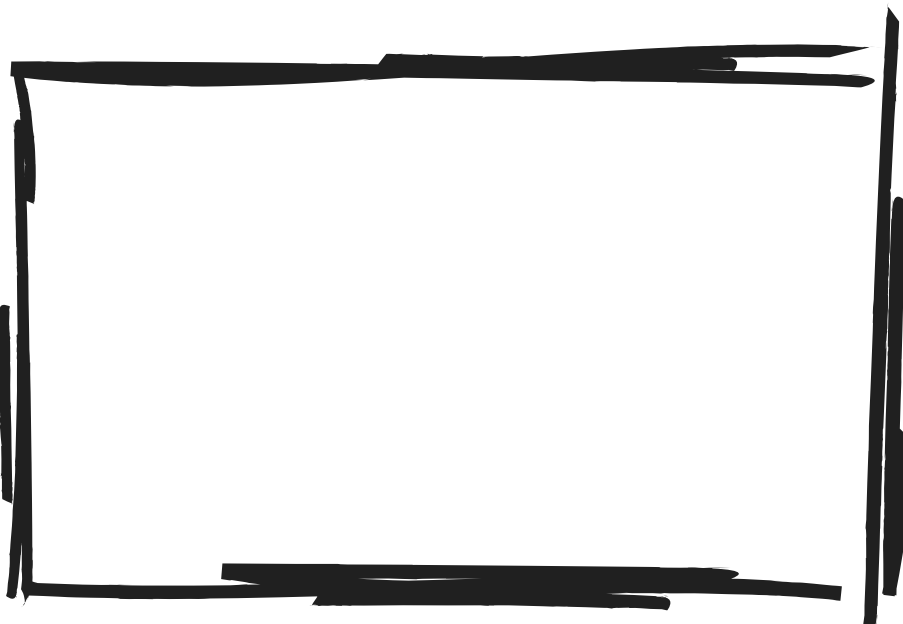
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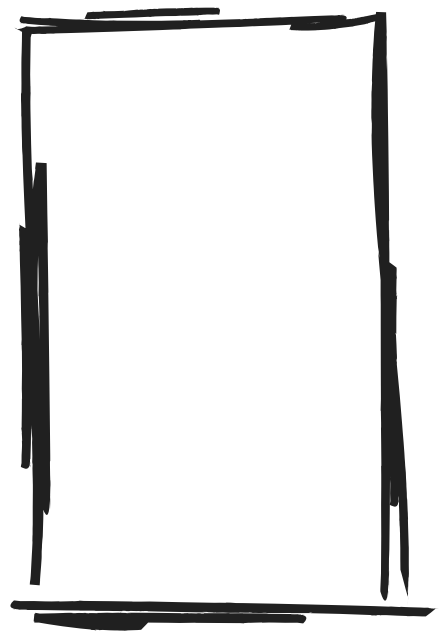
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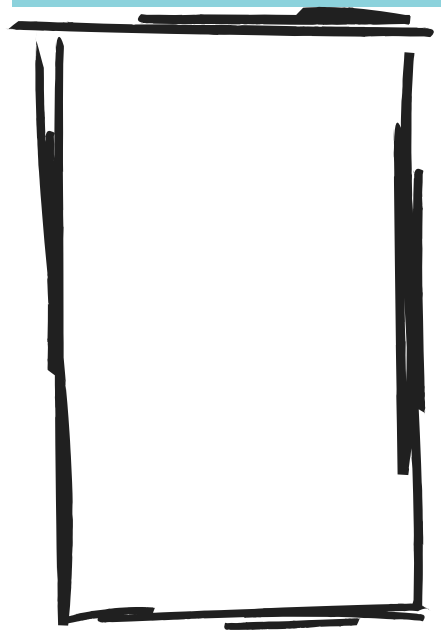
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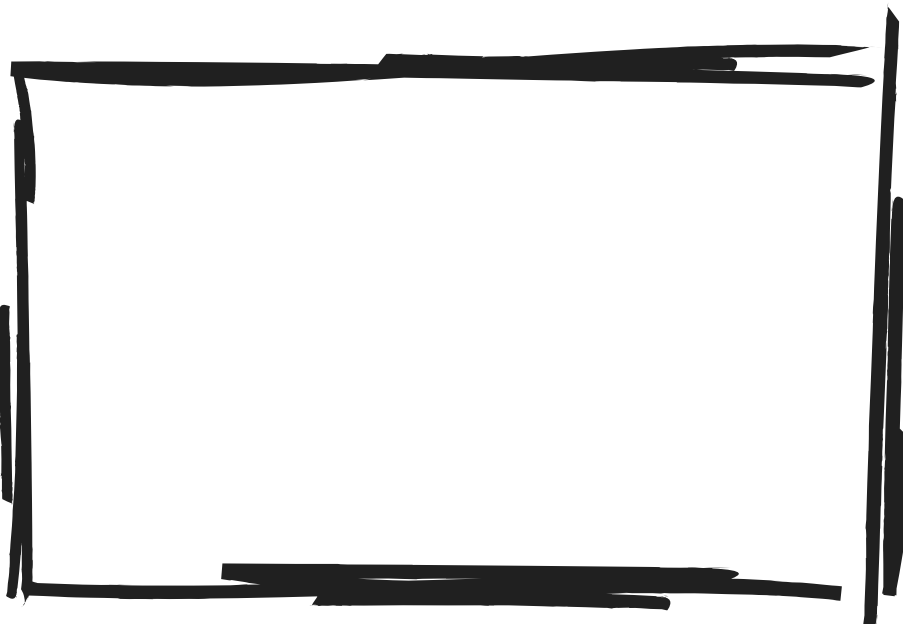
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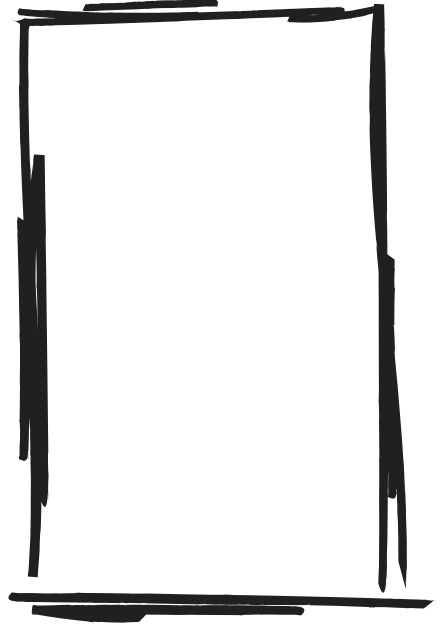
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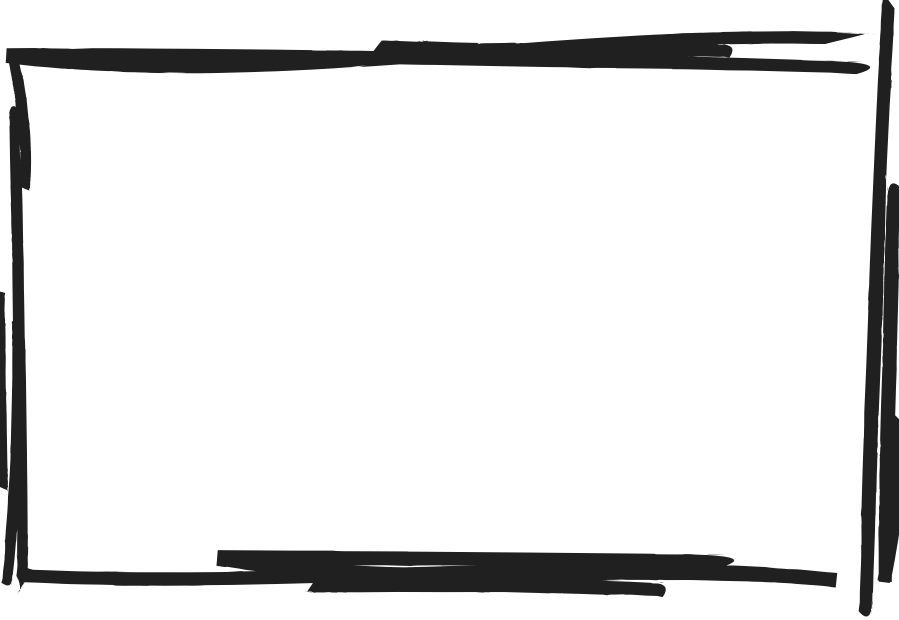
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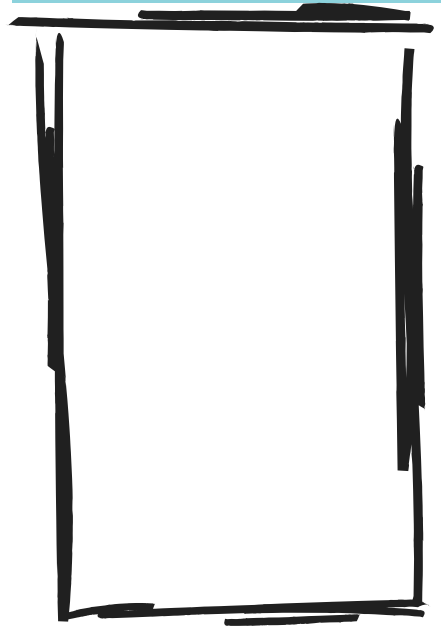
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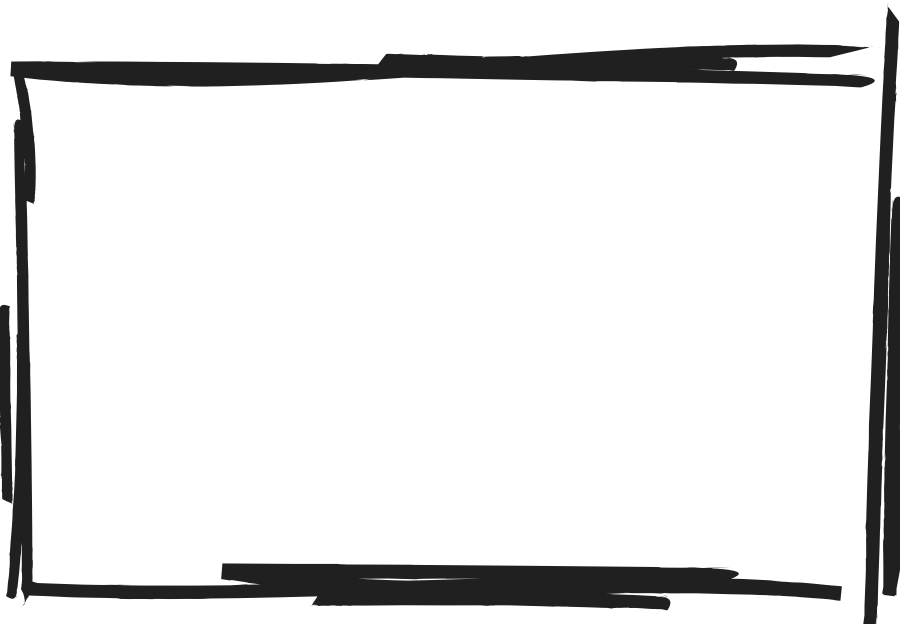
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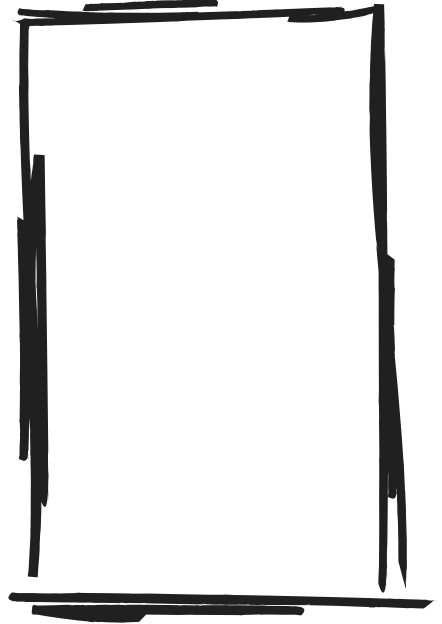
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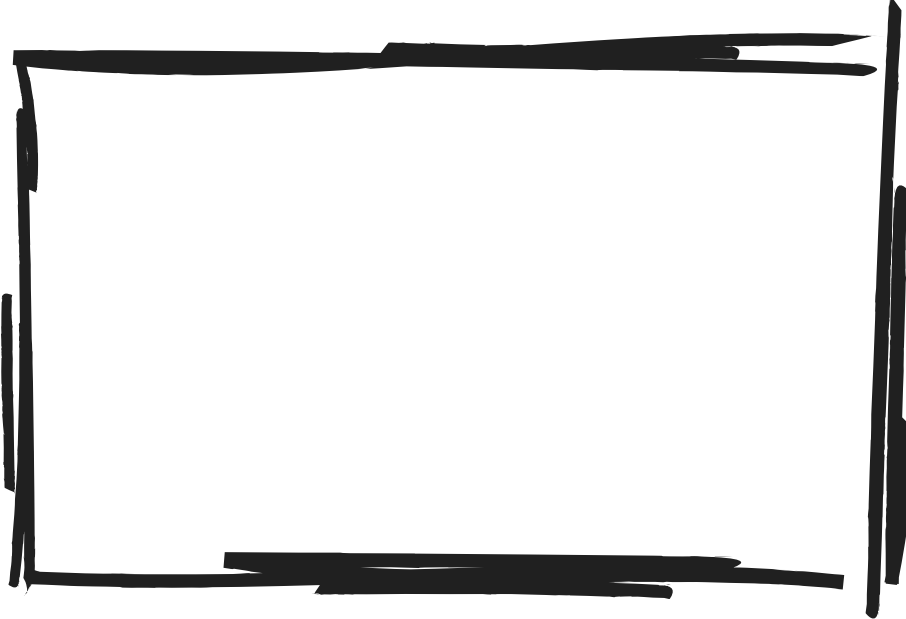
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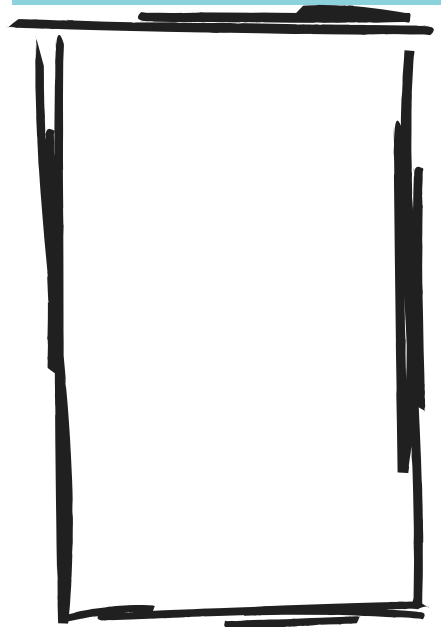
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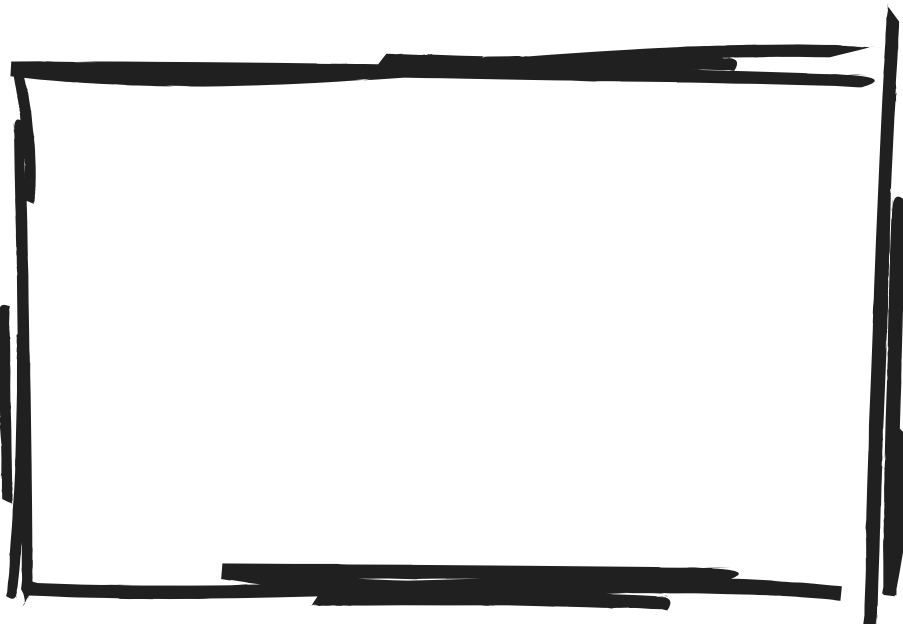
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