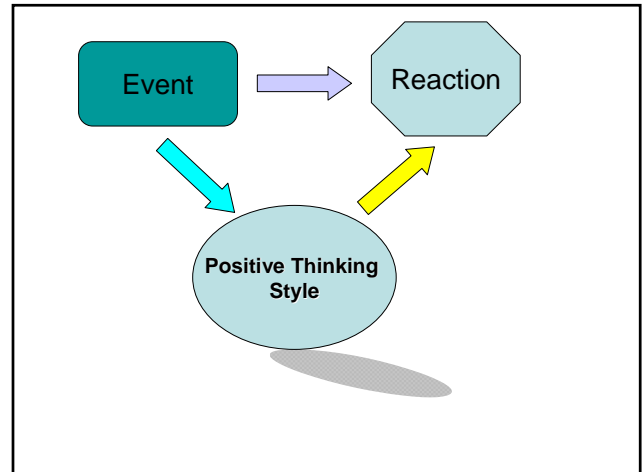


# Positive Thinking

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## 16 Habits of Mind

**ST. PAUL'S CONVENT Students:**

- Strive for accuracy and precision
- Think before they act
- Persist
- Ask powerful questions
- Understand and empathize with others
- Learn continuously
- Search for problems to solve
- Create new and novel ideas
- Observe through all senses
- Listen and go
- View things from other's perspectives
- Consider their own thinking
- Make their thoughts with clarity
- Take responsible risks

1. Persisting
2. Managing impulsivity
3. Listening with understanding and empathy
4. Thinking flexibly
5. Thinking about thinking (metacognition)
6. Striving for accuracy
7. Questioning and posing problems
8. Applying past knowledge to new situations
9. Thinking and communicating with clarity and precision
10. Gathering data through all senses
11. Creating, imagining, innovating
12. Responding with wonderment and awe
13. Taking responsible risks
14. Finding humour
15. Thinking interdependently
16. Remaining open to continuous learning

**Achievements** →

## Positive Thinking Styles

Grateful  
 Optimistic  
 Hopeful

→

- **More successful in**
  - Social relationship
  - Health
  - Income and job performance
- **Happier**
- **Positive Youth Development** (Sun and Shek, 2010)
- **More**
  - Friends
  - Self-confidence
  - Trust in others
  - Volunteer activities
- **Higher Resilience and Faster Recovery**
- **Less Deviant Behavior**

**SUE**

## Grateful

- **See** good things in one's life
- **Understand** that the source(s) of some good things lie partially outside the self
- **Express** one's appreciation to the provider of the good things



## Ways to Cultivate Gratefulness

- **Three Good Things**
  - Write down three things that went really well today.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- **Three Things that you were grateful for that had occurred in the past week.**
  - Write down three things that went really well today.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

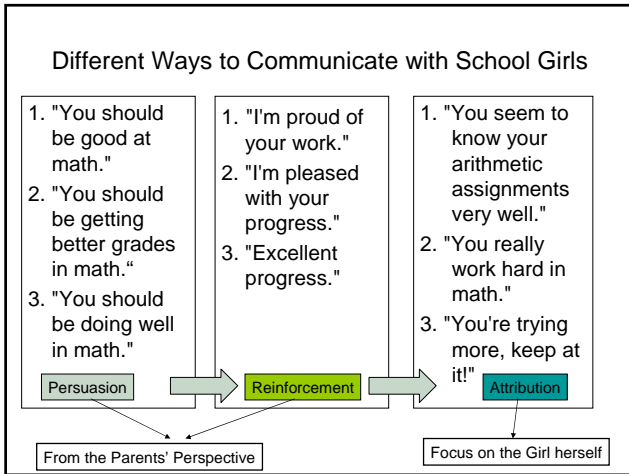
[MindHabits](#)

## Optimistic Thinking Style

- Two girls each got 95% in a math class quiz:
  - **Girl A:** Wow, some people just got talent in math, and I am one of those. See how great I am.
  - **Girl B:** Wow, I really got a great teacher and the exam is really easy this time.

## The Why Question

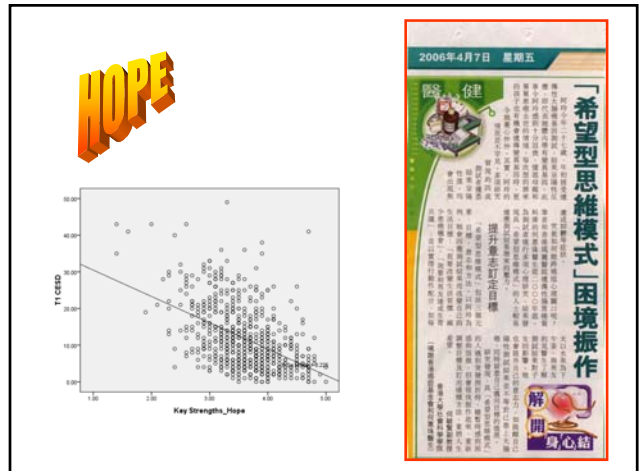
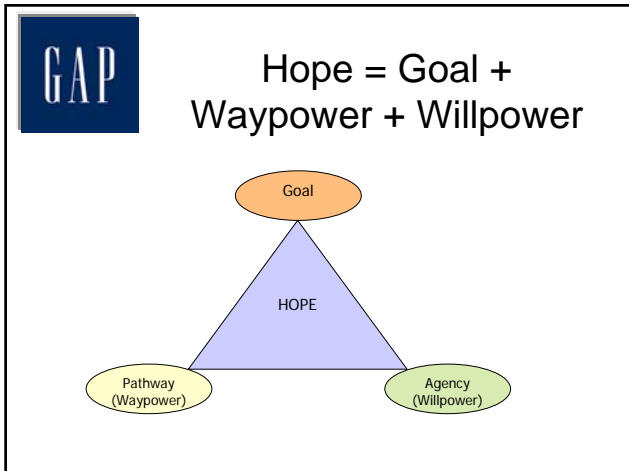
- **The "Why"**
  - An event happened
  - People asks me why
  - I provide an explanation
  - My future behavior depends on the type of explanation (aka attribution)
- **An optimistic thinking style:**
  - Good Things: Its because of me (Internal)
  - Bad Things: Its because of other factors, not me (External)



### After Grateful and Optimistic

Give **HOPE** to our children

But in psychology, Hope has a different meaning.



### Characteristics of high hope people

- I know that I will succeed with the goals I set for myself.
- I have a plan for what I want to be doing.
- If I encounter difficulties, I will have many ways to overcome them.
- If I get a bad grade or evaluation, I focus on the next opportunity and plan to do better.

### Ways to nurture positive thinking styles

A HABITUAL Grateful, Hopeful, and Optimistic thinking styles



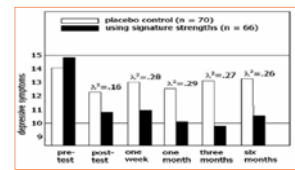
- Find activities that your child(ren) **really enjoy** and are relatively free of social and esteem concerns
  - Vital Engagement and Flow
  - Strengths and Talent

### Next ...

- Learn to ask the question
  - What is right with her?
- Besides
  - What is wrong with her?



Help your Daughter to Learn "What is Right with Me" too



## Then

- Help her to
  - Identify good things in life (e.g. counting one's blessing)
  - Make internal attribution to good things (e.g. "You seem to know singing very well.")
  - Identify some of the good things are from others (*hence, be thankful*)
  - Set Goals, Plan Ways to Achieve the Goals, and Motivate self to do it
  - Experience failure and success

## If you may ...

- Enter into her flow experience to become part of it
- Allow them to enter into your flow experience

*"You know, it's easy, after a hard day's work, to just put your kid in front of the TV set – you're tired, don't want to fuss with them – instead of reading to them, but that's a sacrifice we must joyfully accept."*

Obama's Speech in Martin Luther King, Jr. Remembrance Speech Delivered 17 January 2010, Vermont Avenue Baptist Church, Washington, DC

## My Sincere Gratitude to ...

- Lina Cheng, Wander Hau ... ..
- Sr. Margaret Wong
- Michelle Chan and
- You

**for this opportunity  
to share and to learn**

