



Reframing Exercise – Positive Mental Attitude

- Think of a peak experience or high point in your work or experience in your organisation.
- In that experience, think about the things you valued most about yourself, the nature of your work, and your organisation itself.
- Think about the core factors that give life to your organisation, the really positive values it can build upon.
- What three wishes would you like to have that would contribute to the success and reputation of your organisation?

What outcome do we want? An inspirational poem.

*To Laugh often and love much
To win the respect of intelligent persons
and the affection of children;
To earn the approval of honest critics
and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To give off one's self without the
slightest thought of return;
To have accomplished a task, whether
by a healthy child, a rescued soul, a
garden patch, or a redeemed social condition;
To have played and laughed with
Enthusiasm and sung with exaltation
To know that even one life has breathed
easier because you have lived;
This is to have succeeded. Anonymous*