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**Inspiring Resilience and Hope**

**Resource List**

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**Website:** [www.inspiringnewperspectives.com](http://www.inspiringnewperspectives.com)

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**Articles:**

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**Books:**

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Chapman, Gary D., and Paul E. White. ***The 5 Languages of Appreciation in the Workplace: Empowering Organization by Encouraging People****.* Northfield Pub., 2012

Coyle, Daniel. ***The Culture Code: The Secrets of Highly Successful Groups****.* Bantam Books, 2018.

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Dweck, Carol S. ***Mindset: The New Psychology of Success***. New York: Random House, 2006

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Hanson, Rick, Ph.D., ***Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.*** New York, NY: Harmony Books, 2013

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Kieves, Tama. ***Inspired and Unstoppable: Wildly Succeeding in Your Life’s Work****.*

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Marturano, Janice. ***Finding the Space to Lead: A Practical Guide to Mindful Leadership***. New York: Bloomsbury, 2014

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**Videos:**

**Barbara Fredrickson** – Positive Emotions Transform Us

<https://www.youtube.com/watch?v=hKggZhYwoys>

**Benjamin Zander** – How to Give an A

<https://www.youtube.com/watch?v=qTKEBygQic0>

**Carol Dweck -** The Power of Believing that You Can Improve. TED Talk by

<https://www.youtube.com/watch?v=_X0mgOOSpLU&t=15s>

**Dewitt Jones** – Celebrate What’s Right with the World

<https://www.youtube.com/watch?v=gD_1Eh6rqf8&t=1s>

**Jack Canfield** - How to Create a Vision Board

<https://www.youtube.com/watch?v=iamZEW0x3dM>

**Janelle Monae** on Sesame Street - The Power of Yet <https://www.youtube.com/watch?v=XLeUvZvuvAs>

**Martin Seligman** [TED Talk - The new era of positive psychology](https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology)

**Michael J. -** Know Your Why

<https://www.youtube.com/watch?v=1ytFB8TrkTo&t=38s>

**Patti Digh** – Six Keys to A Happy Life

<https://www.youtube.com/watch?v=NWQS_21CcEA>

**Robyn Strattion-Berkessel’s** [Playful Inquiry – Try This Anywhere](https://www.youtube.com/watch?v=9IDMOgH1Nak&t=2s)

**Websites:**

**AI Commons** –Resources (articles, videos, books, and workshop materials) focused on Appreciative Inquiry and Positive Change <https://appreciativeinquiry.champlain.edu/>

**Authentic Happiness** - Learn about Positive Psychology through readings, videos, research, surveys, opportunities and more. <https://authentichappiness.org>

**Greater Good Magazine**: Science-Based Insights for A Meaningful Life. Includes articles, quizzes, videos, and podcast <https://greatergood.berkeley.edu/>

**Positive Psychology** – Resources, including tools, techniques, courses and tips to help you bring positive psychology into your daily practices.

<https://positivepsychology.com/>

**VIA Character Strengths** - <https://www.viacharacter.org/>

**Podcasts:**

**Brené Brown – Unlocking Us** <https://brenebrown.com/unlockingus/>

**Dan Harris - Ten Percent Happier**

<https://www.tenpercent.com/podcast>

**Happier with Gretchen Rubin -** <https://gretchenrubin.com/podcasts/>

**Positivity Strategist, Season One – Appreciative Inquiry with Diane Stratton-Berkessel** <https://positivitystrategist.com/podcast/#season-1>

**Whitney Johnson, Disrupt Yourself Podcast**

<https://whitneyjohnson.com/disrupt-yourself-podcast/>

**Creating a Vision Statement**

*A vision statement is a powerful tool for moving through times of uncertainty. Consider making one for yourself and/or doing this as a part of an all staff meeting.*

##### **Step One: Reflective Questions to Guide Your Vision**

Use these questions to guide you in writing down your thoughts about your professional vision:

1. What is it that I want to create?
2. Why do I want that? (Be very clear and specific)
3. What parts of my gifts and talents am I using fully? What parts of my gifts and talents are lying dormant or only partially developed and utilized? How do they need to “kick in” for the full realization of my vision?
4. What am I willing to stand up and claim that I must be, do or have in my professional life, no matter what?
5. As I begin to build my vision are there others that I must motivate and excite in order to fully accomplish that vision? Who are the other people who will play a role in my success?
6. How can I continue to build a sense of momentum and energy focus toward my vision?
7. What resources including time, talent, money, and other people, are going to be necessary to manifest my vision?
8. Are those resources readily available to me, or must I find or create them? What is my plan?
9. In what ways do in need to step more fully into my power?
10. When I am no longer working in this role, what do I want people to remember about me? In light of how I want to be remembered, are their things I need to change about my work today?

Questions Adapted from: Seale, Alan. *Soul Mission, Life Vision: Recognize Your True Gifts and Make Your Mark in the World.* Red Wheel, 2003

##### **Step Two: Create a Vision Board!**

1. To create your vision board, you need to imagine that it is (insert date three to six months in the future), and you are fully engaged in your professional work in inspiring and engaging ways.
2. Using an 8x10 piece of paper, illustrate exactly what is happening in your vision. You can use magazine cut-outs, words, cartoons, drawings, or photographs to illustrate your vision.

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