

# Positive Mind Training - Organisations

## Intro part 2 - Resilience

### Familiar wisdom on acceptance:

- **Accept** the things we cannot change
- **Change** the things we can change

### Examples of 'resisting' the past or present moment (i.e. 'resisting what is'):

- **Regret**
- **Dissatisfied** or **stressed** about something that's happened or a current situation
- **Wishing** we already have more success, better health, more wealth, more confidence
- **Complaining** (unproductively) about others

### Accepting What Is:

- Accept the **past** or **present moment**. It's impossible to change (undo) either
- In other words, stop wishing things were **already** different

### What If:

What if we could:

- **Accept what is** all the time (and eliminate **worry**), focusing only on action to change the future
- Possess **powerful tools** to change or achieve whatever we want to change or achieve
- Deal easily and effectively with any challenges in **relationships**

Might life and work be **different**?

### Positive Acceptance (Pacceptance)

- **Notice** whenever we're wishing something were already different
- **Recognize** we're wishing for the impossible
- **Drop** the resistant thought
- **Refocus** on what we can do, if anything, to improve the future

### Pacceptance Principle

What is, is  
And there's no point wishing  
That what is, isn't

But if we want to change something (in the future)  
We won't do it by wishing  
We need to act

### Accepting the future:

- **Notice** whenever we're wishing something we believe we cannot control were different in the future (i.e. worry)
- **Recognise** this makes no more sense than wishing something were already different
- **Drop** the worrying thought (replacing it with acceptance that 'Whatever will be, will be')
- **Refocus** on how we can make it different to the extent we're able to

### For bigger worries:

- Recognise we're almost certainly **exaggerating**:
  - The **likelihood** of something happening and/or
  - The **consequences** even if it did happen
- Once you've got the worry in perspective:
  - Apply the four-step 'pacceptance' process

### In addition for all worries:

- Whatever happens, with practice we'll be able to **paccept** it

### Summary so far:

- Accept, for now, any uncomfortable **feelings or desires** (be willing to experience them and accept them)
- Practice accepting **feelings**, using the three questions and exercises
- **Accept** the feeling, **choose** the (opposite) action to:
  - Break through **limitations**
  - Develop a powerful **mindset**
  - Start taking **action**
- **Paccept** any challenging or negative event or situation
  - **Four-step** process
  - Start small and **build up**
  - Refuse to maintain a '**resistant**' thought
  - Observe **others** in 'resistance' (TV, etc)
- Stop **worrying**: apply pacceptance to the future (accept what will be if we cannot control it). 'Whatever will be will be.'
- For **bigger** worries, start by identifying exaggerations (in probability and/or consequence)
- In addition if needed, for **all worries**: whatever happens, with practice we'll be able to paccept it

### Daily reflection:

- Follow the **summary**, thinking back through the day and any significant past events, current situations, limitations and goals
- Complete the **worksheet** (that you should have received with these notes)
- Observe resistance in others (TV, etc) and consider how we'd now think

### Jack's genius:

Jack Nicklaus said to another professional golfer, annoyed because he'd just miss-hit an easy shot: "But that's the **best shot** you could have played!"

- What did he mean?
- Why did I need to get it confirmed by a professor of philosophy?
- How has it changed the lives of tens of thousands?
- Why don't they teach it in schools?