Longevity in action
MINDSET

# Facilitator Preparation (What You’ll Need)

* Mindset worksheet
* Writing utensils
* A copy of Dr. Roger Landry’s *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* (optional)
* Abundance or Scarcity” article for participants (optional)

# Session Content:

Please read this aloud:

Psychiatrist and holocaust survivor Victor Frankl writes, in his book *Man’s Search for Meaning*, “Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.” That powerful statement is the foundation for today’s session on Mindset. We know from endless [research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2802367/) that how and what you think affects how you feel. And what you perceive, your brain tries to achieve. Harvard psychologist, Ellen Langer shared through her groundbreaking *Counterclockwise* study that people who have self-efficacy, and believe that their health and overall life satisfaction is in their control, are healthier and happier.

A few reminders before we begin …

* Please be respectful to one another. Everyone in this room comes from a different background that has formulated who they are as a person and contributed to their unique opinions. As a group, we will observe *respect* as a guiding principle as we interact with one another. It is our goal that all participants feel valued, respected, and heard.
* Share without imposing your beliefs on others. Please refrain from convincing others to adopt your opinions.
* Keep an open mind. Our discussions will be thought-provoking and insightful. You may not agree with everything you hear, but please be willing to consider opinions that may be different from your own.

# Today’s Objectives:

Please share these objectives with participants.

* To discuss how our outlook shapes our future.
* To discover our own levels of resilience in various areas.
* To leave with tips for a more positive mindset.

# Opening Passage: “Abundance or Scarcity: Which Will You Choose?”

Read this excerpt from the article “Abundance or Scarcity.”

*(Note to Facilitator: Alternatively, you may choose to listen to this episode from Dr. Roger & Friends:* [*https://bit.ly/3hbYUOM*](https://bit.ly/3hbYUOM)*)*

There’s an old Cherokee proverb you might have heard about. A grandfather tells his grandson that within each person, there is a battle between two wolves. One wolf is negative and filled with anger, envy, sorrow, regret, greed, arrogance, self-pity, resentment, guilt, inferiority, and ego. The other is positive and filled with joy, peace, love, hope, kindness, empathy, compassion. The grandson asked, “Which one wins?” To which his grandfather replied, “the one you feed.”

**Our Negativity Bias**

Everyone experiences loss. Loss is part of the human condition, particularly as we age. We humans have a negativity bias that we inherited from our ancestors as a survival trait. However, life doesn’t have to be just about loss. As long as we have a pulse, we can continue to grow. We can be mindful and deliberately focus on the positive.

**The Dangers of Feeding the Wrong Wolf**

Negative emotions and fear cause us to hyper-focus and limit our options.Positive Psychologist Barbara Fredrickson developed the *Broaden and Build* theory which suggests that [focusing on cultivating positive emotions](https://www.youtube.com/watch?v=Z7dFDHzV36g) makes us more creative and curious to new solutions, willing to expand our focus and try something different. It is that receptivity and openness that helps us find new solutions and then tap into our physical, social, and intellectual resources to make our goal a reality. Positivity also has a way of attracting people to us who could help support us.

Our thoughts are our superpowers. We can only feel scarcity if we choose thoughts that produce feelings of scarcity. Or, we can choose other thoughts that still feel true to us but create a different feeling.

Here are two things to consider: 1) What if a challenge were just like a weight that we lift in the gym? It’s heavy, but that heaviness serves a purpose *if* we choose to pick it up. It makes us stronger. 2) If we can keep the long-term in mind, we can see struggle as a blip in time, even an opportunity to better manage our minds, to think thoughts that serve us. So, which wolf will you feed? The one that comes from a place of lack or the one that comes from a place of abundance? The choice is yours.

***Tip:****For every area of life that seems to represent scarcity, think of two areas of abundance. This can be a time to enjoy abundance and create more of it. It’s completely up to us to choose.*

# Group Discussion

(If necessary, please remind participants to be respectful by limiting answers to about a minute so that more people have time to share.)

# Question: Can you share a time in your life where you came from a place of abundance (or optimism) that resulted in a positive outcome?

# Question: How do you cultivate positive thoughts and emotions during challenging times?

# Group Activity: Take the Resilience Quiz

Tune into to Dr. Roger & Friends: <https://bit.ly/2WnQU3D>

Listen as a group and invite people to score themselves along with Dr. Roger, Teresa, and Danielle.

# Group Discussion About Your Activity

(If necessary, please remind participants to be respectful by limiting answers to about a minute so that more people have time to share.)

* Question: Was there anything about this resilience quiz that surprised you? (About yourself or resilience in general.)
* Question: What area(s) of resilience feel strongest for you? Can you cite an example from your own experience?
* Question: What area of resilience would you like to improve upon? What is one idea for how you might do that?

# Wrapping Up Today’s Session

Please read this aloud:

Thank you, everyone, for being here to share your time and your thoughts with each other. We look forward to many more insightful opportunities and discussions from *Live Long, Die Short* about building resilience. As a reminder, our next session is scheduled for [Day – Date – Time – Location]. Our topic is [Topic Name]. You are welcome and encouraged to bring a friend, but please RSVP for both of you. The sign-up sheet is located [Location]. Additionally, if you would like to assist with facilitating next week’s session or a future session, please let me know.

Before you go, please take a few minutes to write down a brief journal entry about today’s session. It can be anything from notes you’d like to remember or a personal initiative you might like to take. Before each entry, you’ll notice a couple of questions to think about, and you’ll have the opportunity to sum up this session in a simple word or phrase. Your journal is for your eyes only. Remember, I am always available to help answer any additional questions you may have about this journey.