

THE POWER OF  
**POSITIVE  
EMOTIONS**

Dr. Duke Biber and Dr. Daniel Czech

# The Power Of Positive Emotions

Dr. Duke Biber and Dr. Daniel Czech

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A POSITIVE WAY TO THINK, FEEL, AND LIVE | 2

GROWTH MINDSET | 14

GRIT | 24

MINDFULNESS | 34

SELF-COMPASSION | 44

OPTIMISM | 56

GRATITUDE | 68

SPIRITUALITY | 78

JOY | 88

AUTHENTIC PRIDE | 98

MOVING FORWARD | 108

# CHAPTER BRIEF

# ABOUT THE AUTHORS



**DR. DUKE BIBER** is an Assistant Professor of Health and Community Wellness at the University of West Georgia. He earned his PhD in Exercise Psychology at Georgia State University. He enjoys teaching and mentoring students in sport and exercise psychology, mental and emotional wellness, and health coaching. He is the co-research director of the Wolf Wellness Lab, which provides leadership, education, advocacy, and services to develop and promote a culture of health and maximize the well-being of UWG students, faculty, staff, and the citizens of the surrounding community. Dr. Biber has learned to live in pursuit of positivity with loving support from his wife, Lindsey, as well as his family, friends, co-workers, and students. He finds joy in running, weight lifting, visiting the beach, and volunteering for Young Life in the Metro Atlanta area!



**DR. DANIEL CZECH** is a Professor and Honors Research Program Director in the College of Health and Human Sciences at Georgia Southern University. Daniel earned his PhD in Performance Psychology at the University of Tennessee, Knoxville. As a sought out national speaker, Dr. Czech has presented his research and applied knowledge all over the country at various universities and Fortune 500 companies. For the past 20 years, Daniel has assisted in enhancing work performance and has conducted numerous performance psychology interventions in over 55 different countries around the world. In addition, Dr. Czech is a certified performance mental consultant for numerous professional football and baseball players in the National Football League and Major League Baseball respectively. More recently, he was awarded Researcher of the Year and First Year Professor of the Year at Georgia Southern University. He has three children (Tucker, Rivers, and Ethan), who are the light of his life. In his spare time, he enjoys exercising, reading, praying, traveling, and quality family time.

**DUKE AND DANIEL** have developed a strong friendship over the past decade that has revolved around a shared passion for their Christian faith, mentoring students to learn and live optimistically, and engaging in exercise to promote quality of life and fitness! They both believe that success comes from enjoying what you do, and doing so with strong morals, character, and values. Duke and Dan view others with unconditional regard and compassion. Please reach out at any time; they truly want you to know that you are never a bother!

# TABLE OF CONTENTS

## A Positive Way to Think, Feel, and Live

- 3 | Broaden and Build Model
- 4 | Emotional Intelligence

## Growth Mindset

- 15 | Benefits of a Growth Mindset
- 16 | Measuring a Growth Mindset
- 16 | Practicing a Growth Mindset

## Grit

- 25 | Benefits of Grit
- 26 | Measuring Grit
- 27 | Practicing Grit

## Mindfulness

- 35 | Benefits of Mindfulness
- 36 | Measuring Mindfulness
- 37 | Practicing Mindfulness

## Self-Compassion

- 45 | Benefits of Self-Compassion
- 47 | Measuring Self-Compassion
- 48 | Practicing Self-Compassion

## Optimism

- 57 | Benefits of Optimism
- 58 | Measuring Optimism
- 59 | Practicing Optimism

## Gratitude

- 69 | Benefits of Gratitude
- 70 | Measuring Gratitude
- 70 | Practicing Gratitude

## Spirituality

- 79 | Benefits of Spirituality
- 80 | Measuring Spirituality
- 81 | Practicing Spirituality

## Joy

- 89 | Benefits of Joy
- 90 | Measuring Joy
- 90 | Expressing and Practicing Joy

## Authentic Pride

- 99 | Benefits of Authentic Pride
- 100 | Measuring Authentic Pride
- 101 | Practicing Authentic Pride

## Moving Forward