

AN INTRODUCTION TO

# POSITIVE PSYCHOLOGY



WORKBOOK

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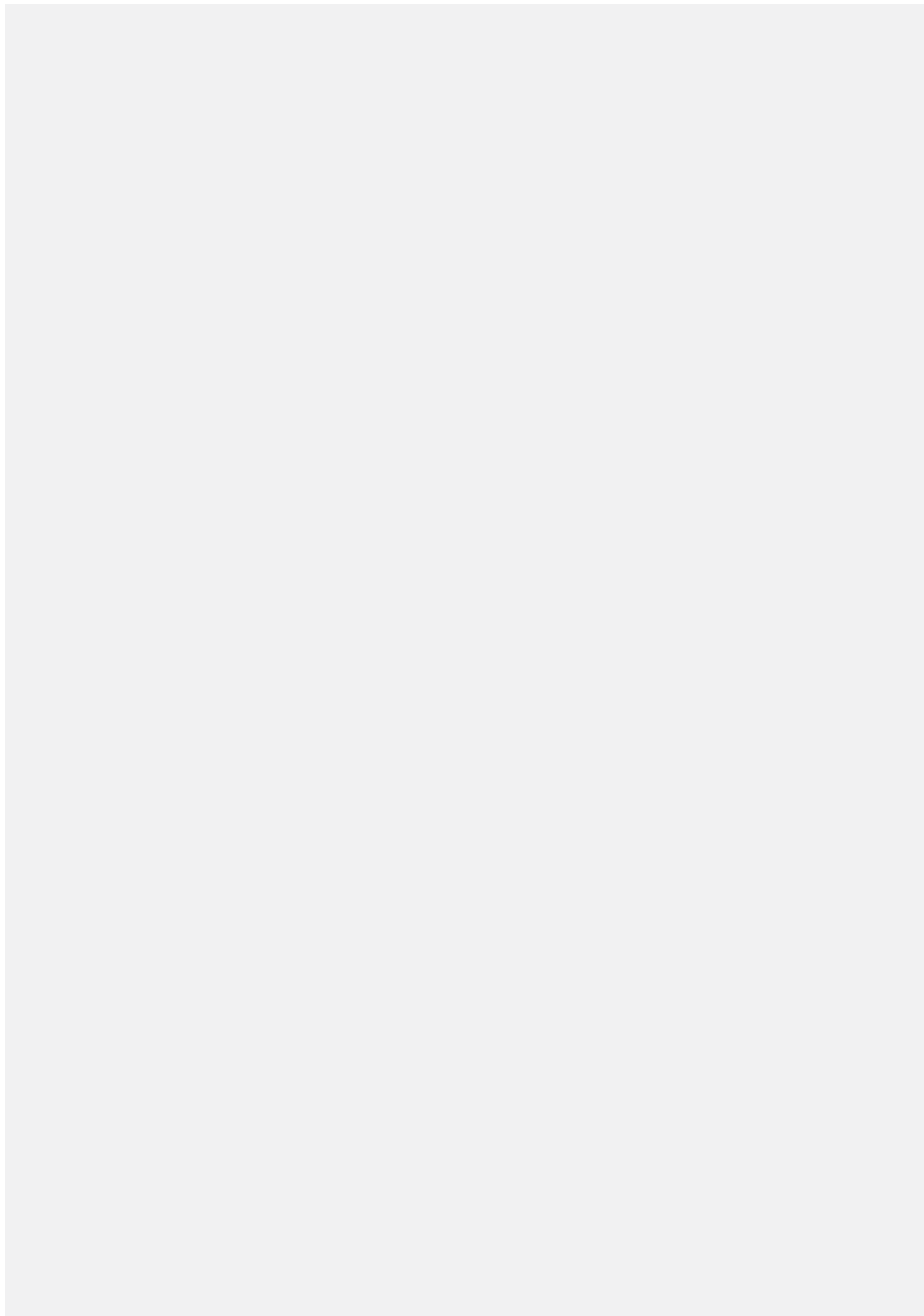


# TABLE OF CONTENTS

Your Personal Goals	3
<hr/>	
The Sailboat Metaphor	4
<hr/>	
The Status of Your Sailboat	7
<hr/>	

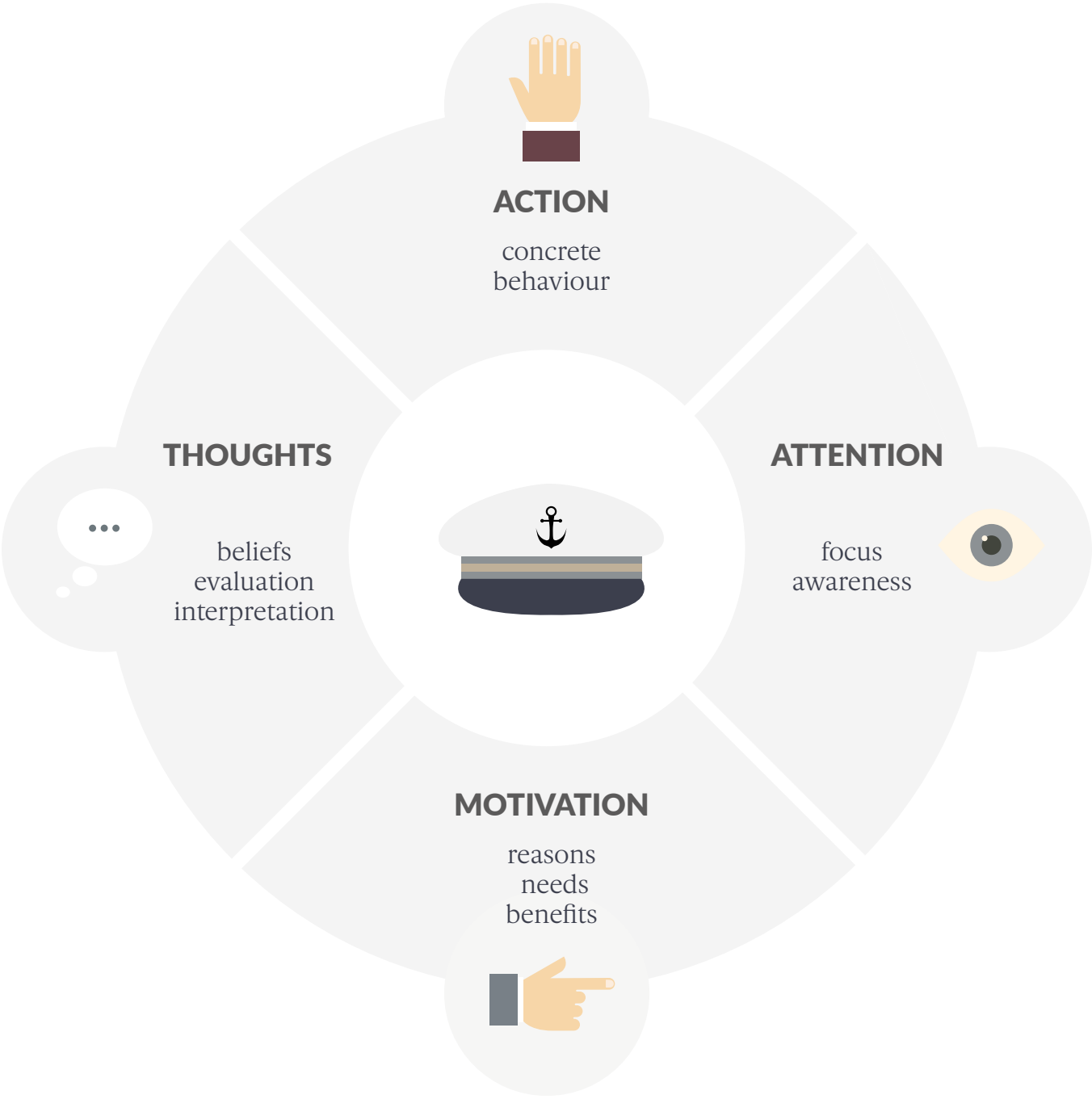
## ■ YOUR PERSONAL GOALS

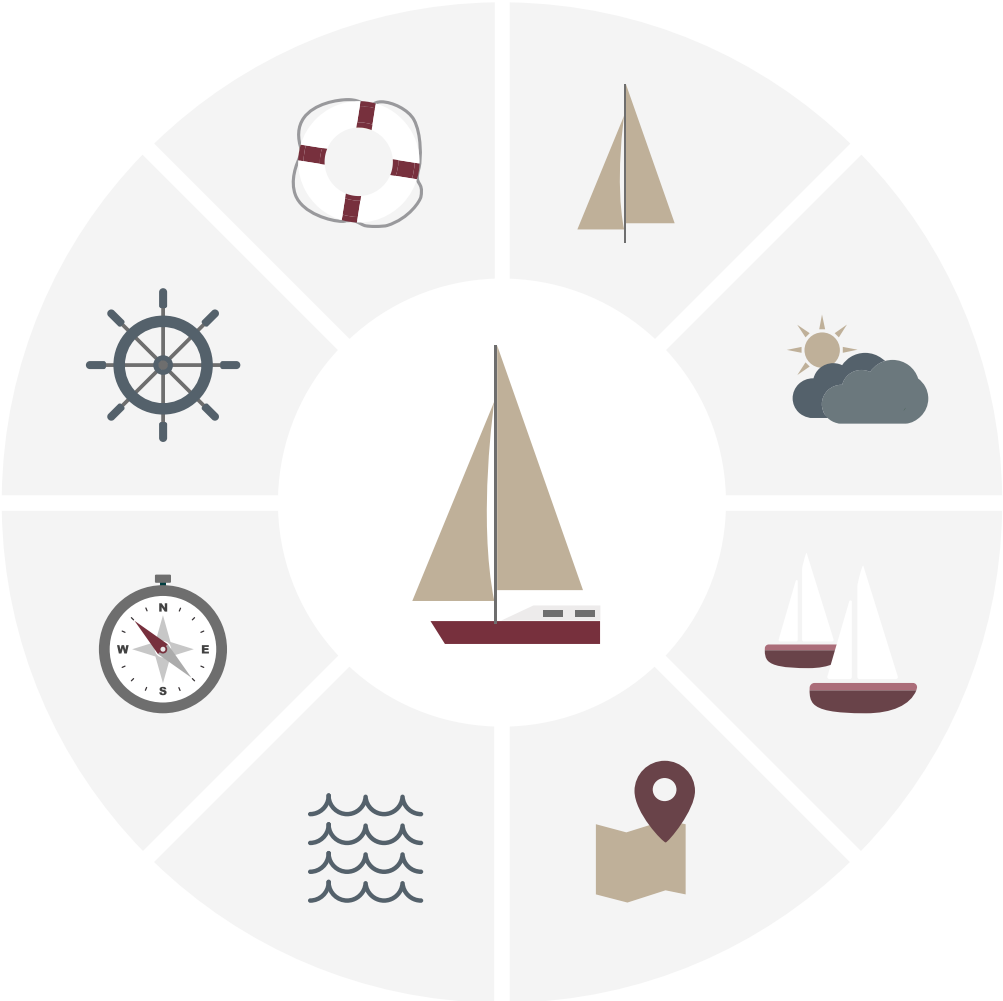
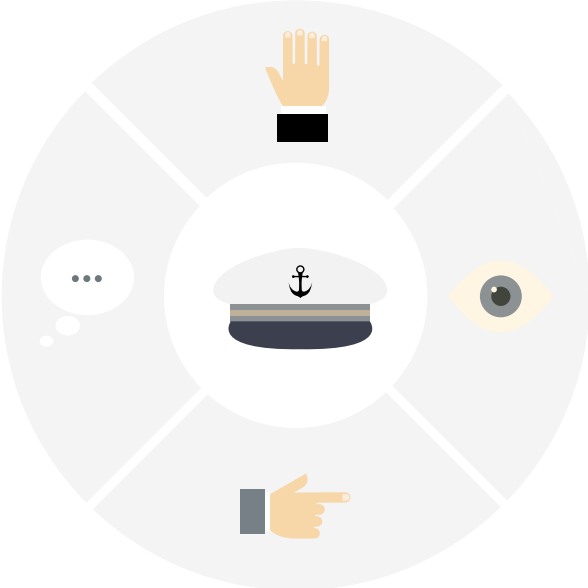
What would you like to learn in this masterclass?



■ THE SAILBOAT METAPHOR







## ■ THE STATUS OF YOUR SAILBOAT

Ask the other person to use the sailboat metaphor to describe how he or she is currently doing. You may ask the following questions:

- What is the current status of your sailboat?
- How would you describe your current journey?

Invite the other person to speak as much as possible in terms of the different elements of the sailboat and their interaction.

