



Topic: Power of Positive (MPD) Thinking

Guest Speaker: Erin Bergen

November 26, 2019 1:00 pm CT



Aaron J. Babyar

Moderator

SRS Training Director

Mobilize More

Support Raising
Leaders Conference
2019



AUDIO AVAILABLE
VIDEO COMING SOON!

OCTOBER 15-18, 2019

SCOTTSDALE PLAZA RESORT
7200 N. Scottsdale Road
Scottsdale, AZ 85253



MORE PRAYER
MORE PARTNERS
MORE PRAISE

MARK YOUR CALENDARS! APRIL 26-29, 2021 Orlando, FL

Spring Facilitator Training Dates Set!



April 28-30 | Fayetteville, AR

Registration opening soon.

supportraisingsolutions.org/facilitatortraining/

Subscribe to the new **SRS** Podcast™



Hosted by Aaron J. Babnyar

Director of Support Raising Solutions

Personal insights and practical
advice on support raising **EVERY WEEK**

supportraisingsolutions.org/podcast

Questions

During the presentation, please submit your questions for the upcoming Q&A time.



Prayer



Erin Bergen

Guest Speaker

Distance Learning Coordinator
SIM USA



Power of Positive (MPD) Thinking

Overview- Seeing MPD in a Positive Light

Have A Positive (MPD) Attitude.

- Be Encouraging
- Turn Negatives Into Positives
- Set Attainable Goals (& then Build On It!)
- Do the Work & Have Good Accountability

Be Encouraging

- Encourage yourself (and others) in support raising.
- You went through Bootcamp with 50 to 100 other people. You know others in your boat. Who is doing support raising well?

**CHECK ON YOUR
PESSIMISTIC
MPD FRIENDS.
WE ARE NOT OK.**

- Positive people love helping others. Scientific study suggests that helping others is beneficial for them and also you.
- Happiness can be projected. Smile, it's contagious and it reduces stress.

Turn Negatives Into Positives

When MPD isn't going your way, try to keep a positive mindset.

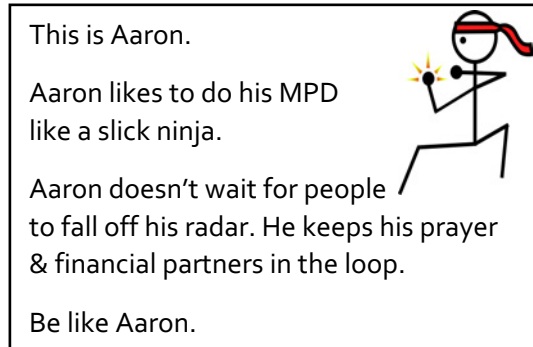
- Avoid getting discouraged. Stop blaming or making excuses.
- Change your MPD thinking pattern. Be intentional! It takes repetition for our brains to build new patterns.
- Try an exercise or two.

Set Attainable Goals (and then Build on Them)

- Be intentional and set attainable/realistic (not easy or impossible) goals.
 - MPD postcard example
- Increase those goals over time.
- Reward yourself for your achievements. Celebrate it, even if it seems small.

Do the Work & Have Good Accountability

- Dig in already! Do your daily, weekly & monthly MPD (with your new outlook 😊).



- Setup regular accountability with someone you trust to say the hard things in love and celebrate the milestones with you.

Conclusion

- Your attitude toward MPD will dictate a lot of the outcome so be intentionally positive.
- Be an encourager (to yourself and others).
- Make some good habits and get into the flow so you can run the race joyfully.
- Keep your eyes on the prize. Remember why you are doing this and what is at stake.



Q & A



SRS Network™