



## Motivational lecture



*Positivity may and shall be developed within. The trick is that the outcome is not proportional to the effort: even a small step may lead to a significant result*

# POSITIVE THINKING



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Astronaut, Motivational speaker,  
A Hero of the Russian Federation

## What is this lecture about?


During this motivational lecture, Sergey Ryazanskiy will discuss the following topics:

- Crucial differences between “positive” and “negative” people;
- How positive thinking affects your physical and emotional health;
- Why “appropriate” negativity is necessary for people to prosper;
- How do negative thoughts develop and how does our brain process them?
- How to fight and overcome negativity: 15 lifehacks from an astronaut;
- How to boost positive thinking: 13 universal techniques that can help you prosper.

## Target audience:

Motivational lecture “**Positive thinking**” will be of use to anyone whose aim is self-development. It will explain how to achieve positive mindset and find your inner motivation, how to tackle difficult situations and overcome your fears, laziness, and procrastination; where do negative thoughts originate from and how to take control over them; how to navigate yourself during stressful times and how to boost positivity in your life.

## Learning objectives:

- Learn about chemical processes in brain that determine decision making;
  - Find out that positive thinking affects our health;
  - Discuss practical techniques for developing a positive mindset and how these tools work during space missions;
  - Learn about the role and efficacy of positive thinking during stressful situations, concept of predictable risks;
  - Understand how do negative thoughts develop, how do they affect our brain and health, and how to deal with them with 15 simple and practical lifehacks.
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## Length:

**120** minutes

## Structure:

- **motivational lecture**
- **QA**
- **practical tasks**