



# The POS-EDGE® Model:

SUCCESS SCIENCE FOR LEARNING AND LIFE



## POSITIVITY

Notice what's good.  
Collect more positive than negative.



## OPTIMISM & RESILIENCE

Expect what's good.  
Reframe what isn't.



## STRENGTHS

Get more of what's good about you.  
Develop new strengths.



## EMOTIONAL INTELLIGENCE

Develop solid relationships.  
Be grateful, forgiving and kind.



## DECISION MAKING AND CHANGE

Desire what's good.  
Manage obstacles to success.



## GOAL-SETTING, GRIT & GROWTH MINDSET

Plan for and stick with what's good.  
Unleash the power of YET.



## ENGAGEMENT & EXERCISE

Apply strengths and mindfulness.  
Invest in shared experiences.