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## **The Power of Positivity**

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Abstract

My capstone project was writing a book for children between the ages of 8-10 years old that promotes positive thinking.

*Keywords:* positive thinking, integrative thinking, action project

### **Section 1: Introduction to your Capstone Project**

My main inspiration to do this project came from within. I had recently noticed that I was developing a negative mindset. I had to keep reminding myself to try to be positive and look for the “bright side”. I started thinking about how important it would be for children to start doing this at a young age so that they don’t develop a negative mindset and start a lifelong habit that can be very hard to overcome as an adult.

I first had to figure out how to get information out to others. With the advice of my instructor, I decided to write a book for children and put it on Kindle to get this information straight to my target audience instead of going through the parents. I then began doing some research to make sure that I was going to be providing accurate and reasonable information to my readers. Following that, I had to write the book and then, because of time constraints, I had to find some people to read my book and give me their feedback because I was not going to be able to get the feedback from publishing on Kindle in the timely manner that I required.

### **Section 2: Elements Coming Together**

#### **Innovative Approach**

I had to figure out how I might teach children the importance of a positive attitude early in life so that the cycle of negativity will not continue. I wanted it to be interesting for children between the ages of 10-13 years old but something that I would be able to achieve at the same time. I had never written a book before, and it was never really something that I thought I would be doing. With the encouragement from Margaret during my brainstorming phase, I decided that this was the route I was going to take. I thought this approach would be innovative because a book for younger readers concerning positivity and positive thinking is not as common as book for adults would be.

**Emotional Intelligence**

I believe that by creating a book that will raise the awareness of having a positive attitude has been and will continue to uplift my own positive thoughts in my life. I have noticed that the slight changes that I have made to my own lines of thinking has also affected the people around me. I seem to be happier so their interactions with me have been more positive as well. I completed this book for others to help them and to hopefully motivate and generate positivity in others. Emotional intelligence is basically understanding and controlling your own emotions. Anyone who wants to read my book about the importance of positivity, obviously either desires that in their lives or they want to find a way to encourage that in people around them. Whether it be a parent that would like their child to realize the benefits of positive thinking or a child that desires the positivity in their lives, these are direct results of some level of emotional intelligence. My research is valuable to others because not only am I providing tips and methods for positive thinking, but I am providing reasons why it is important from the standpoint of general mental wellbeing to the actual physical effects that positivity can have on a person's body. I think that by having my book geared for a younger audience, this will encourage further learning for them as well. Hopefully, they will be intrigued and begin to do some outside research on their own. They may also share this information with their parents and start to help them adjust their attitudes as well to open lines of communication with their children.

**Creative Thinking**

One way that I had to be creative is in how I write the book itself. I tried to provide information to a younger generation in a way that is factual and real but at the same time, entertaining. I am had to find ways to keep a reader, that may or may not have a large attention span, engaged throughout. I also had to figure out how to create pictures to go along with the

story. Another way that I had to draw on my creative framework is by developing my storyline to be something that my audience can relate to. This was challenging at times considering that I am 42 years old, and I have no children of my own. Even though there are books on the market that encourage positive thinking geared towards children, there aren't that many. I have looked at some of these books online and I have noticed that the ones I have found do seem to be geared for an even younger audience than what I am writing for. By targeting the age group of 10-13, I am hoping to reach and spread the message of positive thinking to a broader audience. It is also unique because I am trying to be proactive instead of reactive. Many times, people don't think about something until it is already a problem. Some people may not agree but I truly believe that staying in a negative mindset for most of our lives is a problem. I want to reach people at a younger age for them to potentially avoid falling into those habits and ways of thinking instead of trying to dig themselves out of that hole later.

### **Your Innovative Solution**

Even though I wrote this book with an older age range in mind (10-13 years old), I found that I had to gear towards a younger audience, in the age range of 8-10 years old. I had a hard time writing in a way that would engage the younger audience without being too childish for the older readers. I finally concluded that I needed to adjust my target audience. In doing so, I had to become innovative in my approach. I had one idea in my head and when that wasn't working out, I had to look at my project as a whole and figure out a way to make it work without having to start all over again. I think that my approach is more innovative than other potential approaches because it is more involved. What I mean by that is I could have just made a poster or a pamphlet, but I don't feel that would have been as engaging to a younger audience. I had to find a way to encourage children to find ways to get into a positive mindset in a way that they

would understand. For example, talking to a parent to try to find the good in a situation or making a game out of looking for the positives (Achwal, 2019). Another aspect I wanted to incorporate in a way that a child would understand is the physical effects that can occur from negativity, such as abdominal pain and headaches (Mayo Clinic Staff, 2022). Finally, I wanted to introduce an easy activity for them to take part in that would encourage positivity as well, such as “turn it around” activities (Morin, 2020) that they can do with someone else or by themselves.

### **Section 3: Results**

Since I was not able to get timely results from Kindle, I have measured my results from direct feedback from readers. I have asked some of my friends, family, and co-workers to read my book. I asked any of them who have children to ask them to read it as well. I have received feedback from adults and children alike. The primary stakeholders for this project were myself and anyone who reads my book, adult, and child alike. My intended benefits to my stakeholders were to get them to see the advantage of a positive mindset and ways to achieve this. As for myself, this whole process has helped me tremendously. I have noticed a change for the positive in my attitude through some of the techniques that I have learned. As for my other stakeholders, for the most part I have received positive feedback. I did have a couple of people (adults) tell me that my story was very good, but they feel that it was still a little bit childish still for the range of 8-10 years old. I have received feedback from 3 children, and they all told me that they thought some parts were funny, yet relatable. They were all able to take away the main points about maintaining a positive mindset and outlook.

### **Section 4: Conclusion**

The results that I anticipated was for readers to realize the importance of positivity and how to achieve these results within themselves. I was also hoping that I would also begin to

adjust my ways of thinking and leave some of my personal negativity behind. One of the results that I encountered that surprised me was just how much this project was going to affect me. I have made a lot of progress in bringing positivity into my life and to my household. I can already tell that some of my work and personal relationships have changed because I have become a more pleasant person to interact with. Another thing that surprised me was that even though I have never written any kind of book before, I was able to do it and I was able to achieve my intended message for all my readers. If I had to go back and do anything differently, I think I would have created the short story and made a video instead. I think that would have been a little bit more engaging to children, especially from 8-10 years old. I also think it would have been a little bit easier instead of having to develop pictures for my book, which I struggled with at times.

### **Section 5: References**

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**Section 6: Appendix**

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