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In her book Positivity: Groundbreaking
Research Reveals How to Embrace the
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Overcome Negativity, and Thrive, (p.221)
Fredrickson suggests, Always keep (your
portfolio) close at hand, in your briefcase,
backpack or handheld. That way you can
turn to it when you need it most.

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Barbara Fredrickson is Kenan Distinguished Professor of Psychology and principal investigator of the Positive Emotions and Psychophysiology

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Negativity, and Thrive: When my collaborators and I have asked people to become more aware of their kindness toward others, keeping a daily tally of each and every act of kindness, their positivity rises considerably.

Fredrickson

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