

Positive Thinking and Positive Attitude

“Your attitude is like a box of crayons that colour your world. Constantly colour your picture gray, and your picture will always be bleak. Try adding some bright colors to the picture by including humor and your picture begins to lighten up.”

– Allen Klein

Positive thinking is a mental and emotional positive attitude of seeing the bright side of life, becoming optimistic, expecting good and favorable results, and not getting discouraged when plans do not proceed as expected. It means trying over again and not accepting defeat.

People with positive attitudes can remain hopeful and see the best even in difficult situations. In contrast, those with negative attitudes may be more pessimistic and disagreeable, and typically expect the worst possible outcome in tough situations.

While adopting and having a positive attitude in your life doesn't necessarily mean that everything will always move smoothly and there will be no bumps on the road. However, it ensures that any setback you might encounter will not stop you or change your state of mind, and that you will go on, try again, and do your best despite any setback.

It is certainly a state of mind that is well worth developing

Start by dumping the negative thoughts. If we often think about failure, how bad life is and sees badly in others, these thoughts will perpetuate the negative situations and we will not seek solutions and progress. We just see the negative this affects our thinking, actions, and unconsciously, makes us choose bad choices.

You need to refuse to think these thoughts and substitute them with positive thoughts about success and happiness. This might be difficult in the beginning; however, by adopting some of the following tips, you can maintain a positive attitude through highs and lows and improve your life.

Stop Negative Thoughts in Their Tracks

It's hard to be a constantly positive person and negative thoughts are going to bubble up from time to time. These will be more frequent in the beginning but, decrease as you practice the tips, when you start to notice negative thoughts, you use a pattern to interrupt and stop them in their tracks.

Start a gratitude journal

A gratitude journal is a wonderful way to stay positive every day with little to no effort. Once a day, each night or during the day jot down at least three aspects of your day/life for which you feel thankful you live with a roof over your head and food in your belly which is a daily struggle for most of the world... so it should be easy to find tons of things you're grateful for.

Treat yourself to some self-care every day

It's always important to take care of both your physical and mental health.

In order to keep moving forward with a positive attitude, it's essential that you take a step back sometimes and treat yourself to something special. A break -- even for 30 minutes -- can re-energize you and make you more motivated to continue your work for that day.

Practice meditation

Even five minutes a day is a great start to a meditation routine. Practice deep breathing and clearing your mind. Simple methods like this are effortless and will help you find balance in your life, as well as let go of the negativity and stress that you may experience on a daily basis.

Your Language Shapes Your Thoughts

Little changes in your language can change the way you think and how you act. Whenever someone greets you and asks how you're doing, do you answer with "fine" or "not too bad?" Think about just what this language is communicating to others... and yourself.

Reframe your challenges

There are no dead ends, only re-directions. Although you might try, there are very few things in life that you have complete control over. You should not let uncontrollable occurrences from the outside turn your inner to mush. What you can control is the effort that you put in and when you give your full effort, there is no reason for regret.

Don't let yourself get dragged into other people's complaints

Your day was going pretty well and then you get to work and your co-worker can't stop complaining about the cold weather. You didn't really think about it before he/she brought it up and now you find yourself agreeing and joining in on the complaint-fest of how sick you are of this cold weather.

Have solutions when pointing out problems

Being positive doesn't mean that you have to be oblivious to problems. Positive people have constructive criticisms to improve conditions. If you are going to point out problems in people or situations, place just as much effort into suggesting solutions. Instead of pointing out all of the things that are wrong, offer ways to make it better.

Show Your Appreciation for Others

By appreciating others for a job well done, their outfit or their smile, you start to cause a positive chain reaction. Set a goal for each day to make someone else smile. Think about someone else's happiness and it will help us to realize our immense impact that our attitude and expression has on the people around us.

Now that you're equipped with all the creative tools you need, you can set yourself on a path to a positive, refreshing attitude on life. And maybe, this will help you to overcome obstacles and difficulties and anticipate and experience pleasant, happy feelings, good health and success.

Best Wishes

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