

Quick Guide: Developing a Positive Attitude

Attitude is a mind set. It is the way you look at things mentally. When things are going well a positive attitude is easy to maintain. But we're all human and something will always happen to test our positive mindset. So when that happens, here are the **top ten tips** to help you bounce back and regain a positive outlook:

1. **Nurture your funny focus.** While it's not appropriate to laugh away all serious problems, laughing can help you transfer your focus from the problem to possible solutions.
2. **Phone a friend.** Talk to people who inspire you, and avoid the few "friends" whose own negative attitudes are contagious.
3. **Work it out.** If a situation seems to defy solution, pour your energy into an unrelated job like clearing the attic or digging the garden. You'll feel more positive and motivated.
4. **Give away your positive attitude!** Strange as it may sound, when you compliment someone, or share a little levity with someone – especially when you feel really grumpy - you will be rewarded with positivity and a warm glow.
5. **Smile more.** Not only does smiling make you feel good, others will return the positive feeling.
6. **Look better to yourself.** When you feel you look good, the world seems brighter. So go on, wear that hat or brooch or tie that you like!
7. **Be yourself.** Refuse to be over-influenced by others and the media – be different in the way you want to be different.
8. **Believe in yourself** and tell yourself you can - even if the solution sounds crazy at first. Often the craziest ideas turn out to be the best.
9. **Clarify your mission.** Having direction and a steady ongoing challenge will give you a stronger grip on the positive, making the negative easier to control.
10. **Remember:** A positive attitude is the ability to get up one more time than we fall down.

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