

## Quick Guide: New Year, New You!

Happy new year to all of our readers. How many New Year's resolutions have you already broken? Although there is an unlucky 13 in the year, let's make 2013 a positive year. To come across positively, you need to think and behave positively. Here are the top ten tips to adopt a positive mental attitude every day this year! Read them every morning to remind yourself and re-read when the going gets tough.

1. **Believe in yourself** - tell yourself you're good and you can.
2. **Believe in other people**, your company, your product and service, and your colleagues.
3. **Try smiling and being happy**. You will look and sound better and in turn receive a better response.
4. **Always try to help others** by offering a little "extra" without being asked.
5. **Do not let other people know about your problems**. They probably don't care or may even be pleased you have them!
6. **Do not let people know you are having a bad day**.
7. **Give others what they expect**.
8. **Be enthusiastic** - enthusiasm breeds enthusiasm.
9. **Stay calm** when the going gets tough - don't take problems and complaints personally.
10. **Be realistic with life** – if you expect too much, you could be let down.

Finally, a poet put it very well in this poem:

*If you think you are beaten, you are.  
If you think you dare not, you don't.  
If you'd like to win, but think you can't,  
It's almost certain you won't.  
Life's battles don't always go  
To the stronger or faster man;  
But sooner or later, **the man who wins  
Is the man who thinks he can.** (Or woman!)*

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