

# Developing a positive attitude

Your attitude plays a huge part in how you look at life, how you see things around you, and how you handle new situations.

Although you can't always control what happens to you, you can control your attitude toward life events. Start incorporating the tips below and start feeling the positive effects today!

- **Your attitude is up to you.** We can be our own worst saboteurs sometimes. If you don't think you deserve to be successful, you may never get there. Whether you think you can or cannot do something, you'll be right. The great news is that with a conscious effort, you can change a negative attitude into a positive one. Although it may take time and effort, you can learn to control your attitude. The only person who can give you a good attitude is you.
- **Rise and shine!** Get up a bit earlier and take a short walk in the morning. Fifteen minutes in the fresh air is a great way to feel uplifted and mentally prepared to make the most out of your day.
- **Stop a bad day in its tracks.** Just because you woke up on the wrong side of the bed doesn't mean your entire day is lost. Make an effort to change the course of your day early, and don't let it set the tone for the rest of the day. Take a moment to think about something good that could happen (e.g., you'll finish that difficult project) and gain a positive outlook. And remember, when things aren't going well, tomorrow is a brand new day.
- **Develop positive friendships.** It's difficult to maintain a positive attitude when your friends or co-workers have negative attitudes. The company you keep can influence your attitude. Rarely will you see a positive person in a group of negative people. Negativity spreads rapidly, so it's a good idea to steer clear of negative people or situations.
- **Enjoy a hobby.** It's important to have a hobby or enjoyable activity that you can fall back on when things get tough or you've had a long, hard day. Most hobbies allow you to relax and disengage yourself from the day's routine.
- **Get out of your rut.** If you feel like something is missing from your life, you may just need to add something to it! Try something new. Learn a new sport or take a cooking class. Doing something different is a great attitude pick-me-up.



- **Be good to yourself.** You can be your own best friend or your own worst enemy. Make sure you eat well and get enough rest. Stress and bad health habits are enough to give anyone a bad attitude.
- **Look at the bigger picture.** One of the best ways to improve your attitude is to take a reality check. Is your life really so bad? Look around you and chances are you'll find someone who is worse off than you. Look at all the things you can be grateful for and your attitude will change for the better.
- **Ask for a helping hand.** If you are trying to improve your attitude and outlook on life, ask a friend or family member to tell you when you're slipping back into your old habits. A gentle reminder to look on the bright side may be all you need.

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