

DEVELOPING A POSITIVE ATTITUDE



Your attitude determines your life. It is the result of your perception of reality. The way you chose to deal with any situation and the consequences of the choices you make determine your attitude.

Although everybody is well aware of the importance of developing a positive attitude, for some reason people are easily drawn to negativity. It is not something that will come easily to you, but it is something that is worth developing.

- 1. Realize that you control your attitude.**
Your attitude is the result of the way you decide to interpret an event or situation.
- 2. Know that happiness is a choice.**
- 3. Tell yourself you can change. Believe that you can change.**
- 4. Adopt beliefs that let you see things in a positive way.**
- 5. Remember you have the power to control your reactions.**
What you believe in your mind is what you will see around you. Although you cannot control many situations or troubles in your life, you can definitely control your reactions to them.
- 6. Get rid of negativity from your life.**
You cannot [live a positive and happy life](#) if you are surrounded by negative people – the ones who try to put you down, do not encourage your happiness and those who make you feel negative about yourself.
- 7. Focus on what you have.**
When you start focusing on what you have rather than what you lack, you will be satisfied with your life.
- 8. Get an ample amount of rest and eat well.**
- 9. Practice being positive.**