

# DEVELOP YOUR POSITIVE ATTITUDE!

HERE ARE SOME WAYS TO HELP YOU CULTIVATE A POSITIVE ATTITUDE AND EASE IN YOUR LIFE:

## LISTEN TO INTERNAL DIALOGUE

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Divide one or more sheets of paper into two columns and, for a few days, jot down in the left column all the negative thoughts that come into our head. Rewrite each thought in a positive way in the second column.

Practice doing this in your mind until it becomes a habit. (For example, "I'll never get this finished by the end of the day!" could become, "I will probably get most of this finished by the end of the day.")

## LEARN TO COMMUNICATE

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Not saying the things we feel can lead to a sense of frustration, hurt, anger or anxiety. If you find communicating difficult, or are afraid of arguments or bruised feelings, take a course in communicating effectively always having the intent of non-harm.

## GET BACK TO BASICS

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Reconnect with old friends, take the dog for a walk, visit an art gallery or listen to your favorite music. Enjoy a long, relaxing bath, read a great book, tell your child a story, or ask an older relative to tell you one! The simplest things in life give us the most pleasure.

## HELP SOMEONE OUT

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The simple act of helping others (humans, animals or Nature in general) helps us feel joy. Pick up groceries for an aging neighbor, volunteer at your local hospital or read a book to someone with failing eyesight. If you are unsure of how to help out in your community, call your nearest volunteer center

## LEARN TO COMMUNICATE YOUR NEEDS MORE EFFECTIVELY

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For example, instead of using common language of subordination expressed by such words as “no”, “don’t”, “should”, “stop”, “good”, “bad” and “have”, you could instead try expressing your needs by stating “I need you to...” This peaceful language expresses needs and does not judge.

## LAUGH

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Laugh and find humor in the simplest of things. Laughter is a powerful mood elevator. If you are feeling down, read some jokes, watch a funny movie or just act “silly” once in a while. At times, let yourself see through a child’s genuine eyes. Simplify.

## TRY MEDITATION

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## FIND YOUR SPIRITUALITY

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Research has shown that those who have developed their spirituality through associating with other spiritual individuals or having cooperative mindful beliefs, live longer, more satisfying lives. The secret is practicing those beliefs, either through organized worship, or simple meditation (openness) in a quiet place.

## PARTICIPATE IN NEW PHYSICAL AND MENTAL ACTIVITIES

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Participate in new physical and mental activities to improve confidence levels and coping mechanisms. Building confidence could be as easy as learning the meanings of new words, learning about new topics or if you are right-handed using instead your left hand more frequently (left hand connects with more spiritual, intuitive and creative, right side of the brain.)