

A POSITIVE ATTITUDE

In this day and age it can be more challenging than ever to keep a PMA—that is a positive mental attitude.

We may be bombarded with negative messages all day, each day. We are told about all the bad things that could possibly happen to a person. We are given messages indirectly that we should change how we look, feel, act, think and even eat! One could get the impression that they are doing all of these things wrong.



"Positive attitudes create a chain reaction of positive thoughts."
-Unknown

It is important to consider the source of where these messages are coming from. Is it a media center that may have the agenda of reporting to gain viewership through sensationalism? Is it a commercial or billboard giving you the message that you should look a certain way so they gain customers? Is it a company touting a new product espousing that you will look and feel younger, or get in shape? It is important for us to observe the point of view of the objectives behind the messages we are hearing all day and evening.

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome by the fact because you think you are."
- Norman Vincent Peale



Ways To Help Keep A Positive Attitude

- Take inventory at least once a day of all the good people, things and opportunities in your life.
- Assess yourself by goals attained and successes created rather than *always* looking at what needs improvement.
- Volunteer your time and energy to causes that you feel make a difference in people's lives.
- Spend time enjoying nature. No matter what you do, you are sure to feel more positive when witnessing the power and beauty of nature no matter how small.
- Limit your exposure to the negative messages and images that we are all bombarded with throughout the day.
- Read or watch a comedy or listen to a comedian. Laughter helps restore a positive outlook.

"My religion is kindness."
-Dalai Llama



"All that we are is the result of what we have thought."
- Buddha



Yes, sure it is a great thing to have resolutions, to improve ourselves, to change, grow and learn each day. Also to listen, eat better, communicate and keep healthy. But that is different than accepting messages all the time that we are wrong, incorrect or insufficient. These thoughts can lead to low self esteem, being overly critical or ungrateful for what we do have.

According to some of the eastern philosophies, we are perfect the way we are. Even so, that doesn't mean we should stop seeking wisdom, enlightenment, new ways to live and behave, being more patient and kind.

Possibly we can be positive, self loving and self accepting while we work on improving areas of our lives one by one. And being kind to others along the way.



KATRINA GREENE, MSW

SUCCESSFUL LIFE COACHING

WWW.SUCCESSFULLIFECOACHING.COM

631-567-0008