

8 WAYS A POSITIVE ATTITUDE ENHANCES SUCCESS

Now that you know how to direct your thoughts in a more positive direction, you're beginning to develop a mindset that welcomes success and supports your goals. This lesson will demonstrate the value of a positive mental attitude. A positive mental attitude avoids many of the pitfalls that may await you.

It's easy to underestimate the power of having a positive attitude. However, that would be a mistake. ***A positive attitude shapes your perspective, enhances health, increases productivity, and benefits those around you.*** It's surprising how much a change in attitude can impact the results you're producing!

Your attitude is under your control, so you can use it to your advantage.

SEE HOW A POSITIVE MENTAL ATTITUDE BENEFITS YOU AND ENHANCES YOUR SUCCESS:

1. **An optimistic attitude leaves a positive impression.** Your attitude doesn't just impact the way you view the world. It also changes the way the world views you. It's easy to pick those people that view the world from a positive perspective versus one that's negative. *When others view you in a positive light, you'll be presented with more opportunities in life.*
 - Go through life leaving a positive impression and you can expect your successes to come more easily.
2. **You have more control over your life.** Those with a positive mental attitude are more likely to believe that they can influence the direction of their lives. People with a negative attitude believe they are stuck with few options to make life better.
 - Happiness is correlated with the number of options you believe are available to you.

3. **A positive attitude strengthens your relationships.** Would you rather spend time with someone who's positive or negative? It's an easy question to answer. Positive people are uplifting and make others feel good. Positive people are energizing.
 - *Successful relationships are easier to create and maintain if others enjoy spending time with you.*
4. **You enjoy better health when you have positive thoughts.** There are countless studies that show the link between attitude and health. You'll also save a lot of money by making fewer trips to the doctor. It's much more challenging to be successful if your health is poor.
5. **Your productivity will soar.** Do you have a hard time getting things done? An upgrade in your attitude will help! Think about how little you get accomplished when you're feeling down and negative. If your productivity is suffering at work or at home, take a look at your attitude.
6. **It's easier to persist during challenging times.** Things don't always go according to plan. If you expect a negative outcome, you're likely to give up and go home. On the other hand, an enthusiastic, optimistic attitude will help you to stay in the

game.

- ***Many success experts believe that persistence is the most important quality a person with big goals can possess.*** Persistence is easy when you have positive expectations. Set big goals. Be positive. Persist.

7. **Self-confidence and a positive attitude go hand in hand.** By ridding yourself of negative thoughts, you create an ideal environment for self-confidence to grow and flourish. How can you have self-confidence when you expect the worst? A negative attitude suggests a lack of confidence in your ability to handle the situation.
8. **Peace of mind.** We all have a limited ability to handle stress. When life becomes too stressful, our ability to be successful is hampered. The tranquility that a positive attitude provides gives you the mental space necessary to be at your best each day.

There is no downside to uplifting your attitude. ***A positive mental attitude has a positive influence on your outlook, health, relationships, and overall happiness.*** In turn, these improve your ability to be

successful. Work hard and stay focused, but be positive during the process. You'll feel better and enjoy the results.

In the next lesson, we'll explore how you can maintain your new-found attitude in the face of adversity. A good attitude isn't worth much if it's fragile.

GET STARTED ON THE TIPS FOR THIS LESSON:

Gratitude is one way to shift your attitude in a positive direction. Make a habit of listing five things each day that fill you with feelings of gratitude. You might feel gratitude for having a job, your children, a home, friends, or good health. Make your own list.

Say "Thank You" more often! Spend today thanking others. Notice how this simple act uplifts both you and the person you thanked.