

DEVELOPING A POSITIVE ATTITUDE RESULTS IN POSITIVE EXPERIENCES.

Each day, I see the benefits of maintaining a positive attitude. ***I realize that being positive results in better outcomes for me.*** When I am optimistic, it is easier for me to find solutions to challenges.

My mind is ticking with creativity because I am positive. I realize that when I look on the bright side, I can think clearly and accomplish more.

My relationships with those around me are stronger when I keep an open mind. I take the time to listen to their points of view. This approach results in better collaboration and mutual respect.

Keeping a positive outlook ensures that I avoid getting frazzled. When I feel frustration mounting, I remind myself that I am free to choose how to respond.

Being positive helps me to be patient. It helps me prepare to meet my long term goals.

I avoid allowing my lack of experience to prevent me from applying for new jobs. Even when I have less experience than other candidates, I believe in my abilities.

Every positive experience affirms that being positive is the best way to move forward.

Today, I vow to live a life full of positivity. I attest to the power of positive thinking because I see its impact on my life. I commit to encouraging others around me to live the same way.

SELF-REFLECTION QUESTIONS:

1. Why do disappointments sometimes cause me to lose hope?
2. When the outcome to a situation is unfavorable, how quickly am I able to find an alternative?
3. How does having a positive attitude help to develop other positive traits in me?