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9 Ways to Keep a Positive Attitude

Your attitude impacts everything in your life. Your happiness, your satisfaction, your career, and your relationships are all impacted by your attitude.

Life can be challenging, particularly at this current time, which can make maintaining a positive mental attitude even more challenging.

But, if you want to turn your things around, having a good and positive attitude is the first step towards making everything else possible.

A positive mental attitude is crucial to success and happiness!

Here are some strategies to help to maintain a positive attitude:

1. **Plan an exciting future.** Even if things appear grim for you right now, you can have a future that excites you. It's not something that is easy to focus on when we are focusing on the negatives. If you can, then it's easy to feel positive about life. **Even if things are challenging today, you have an exciting life to look forward to.**
 - Think about the kind of life you'd like to live. Plan your future and ensure that it's appealing to you. It should be motivating enough to put a smile on your face.
2. **Be successful each day.** Try to set yourself up to be successful each day. You can do this by making a short to-do list that you know that you can complete.



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Give yourself the experience of being successful each day. You can start with something as simple as making your bed before work. There is a reason that military people have to make their beds so that a coin bounces off of it. There's a reason they polish their boots. It's so that whatever the day throws at them, they **achieved two things** that day.

3. **Work to keep your thoughts positive.** Positive thoughts lead to a positive attitude. Your brain is always thinking something, and **you have control over your thoughts if you choose to exercise that control.** Pay attention to what you're thinking and keep your mind occupied with thoughts that serve you. I mentioned Automatic Negative Thoughts (ANT's) in the video and how they impact you. Recognise when occur.
4. **Remember your triumphs.** If you experience emotions of feeling anxious or hopeless, take some time to recall all of the wonderful and amazing things that you've accomplished. It's too easy to forget all the things you've already mastered and succeeded at.
5. **Remind yourself that you're making progress.** When you're struggling in a particular area of your life, you're still making progress. It may not seem that way or it might be less progress than you would like. However, it's still progress and a good reason to have a positive attitude. Any action that takes you forward in your goals or objectives **is a step forward.**
6. **Have something fun to look forward to.** What do you have to look forward to in the next month? Don't be consumed by the current moment. If you pay attention, there is something good that you will see that you can look forward to. It could be a film, situation allowing with a friend or a weekend getaway. Maybe you're finally going to buy that thing that you've had your eye on.



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7. **Eliminate the negative from your life.** The negative things in your life drag you down. **Removing as many of these negative things from your life as possible can make positivity a lot easier to find and maintain.**

8. **Surround yourself with people that support you.** Choosing the option of not spending time with people that negatively impact your attitude, try surrounding yourself with those that lift you up. Life is so much easier and more enjoyable with positive people in your corner.
 - Make a list of those people in your life and give them a rating.
 - Determine which of them help you and which are harmful.
 - Start making a few adjustments. Notice what you notice.

9. **Forgive yourself.** You know what? You've made a few mistakes, you've ruined a few relationships and failed to take advantage of a few opportunities. Who hasn't? It's time to forgive yourself for your slip ups and enjoy your life again. What do you gain by holding a grudge against yourself?

Do you have a positive attitude in general?
Are you optimistic or pessimistic?
How do you think that influences your life?

Having a positive mental attitude leads to greater success. You'll also be happier and be more attractive to others because they will enjoy your company.

Try to see the best side of things and expect the best. Life is more challenging when you have a negative attitude. Plus it is wasted energy.