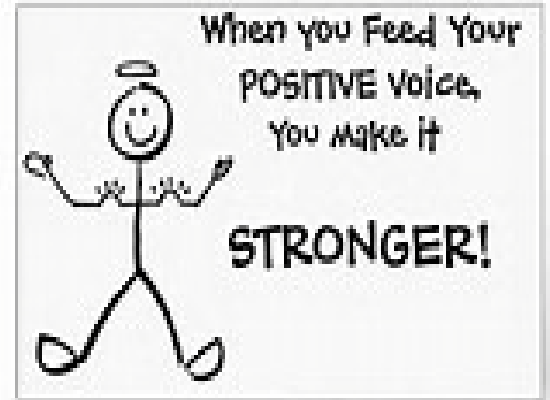


SHARE THE WELLNESS TIP



March 6, 2015

Flex Your Positive Attitude Muscle



How you see everything—from yourself to your job to your views of the world—depends largely on your attitude. For many people, developing a positive outlook requires practice. If you make it a point to get daily attitude workouts, having a positive outlook might just become a lifestyle.

- ✿ Learn self-affirmation.
Write short, positive statements about yourself and your dreams, and repeat the statements to yourself often. Post them where you will see them.
- ✿ Use positive language.
Eliminate words such as “not” from your vocabulary. Instead of “I’m not going to run today,” say, “I think I will try swimming today.”
- ✿ Surround yourself with positive people.
- ✿ Listen to music that makes you feel happy or energizes you.
- ✿ Post positive images, such as inspiring pictures or famous quotes. Place them on your desk, near your bed, and in your car.
- ✿ Do a good deed daily for someone else. Caring for others may help you forget your own problems or put them into perspective.
- ✿ Say “Thank You” a lot. And, before going to bed, list the positive experiences from your day – the work you accomplished, the food you ate, the activities you were able to do, the people you interacted with, etc.