

# **POSITIVE LIVING**

Lot of people ask me “Does it take effort to live positively?” Sure, it does -- it takes effort to do anything that matters. Does it take effort to switch your life around, in order to fix the broken places and strengthen the strong areas? Sure, it takes effort -- but if I know you, you are not above a little bit of good, honest work.

If we were to separate the world into the positives and the negatives, which side would you be on?

Would it depend on the day? Would it matter who had just left your office? Would it matter if you had someone cut in front of you on the way to work? How about if you were feeling poorly – would it matter then?

Most of us are both positive and negative, depending on what’s happening in our lives – but the way you live your life – your “default” state, if you will, makes a big difference in the success you’ll achieve in your life.

If you are more on the negative side of the equation, you are likely to see yourself as a victim – someone who “never gets an even break,” or someone who is constantly at the mercy of others.

If you are more on the positive side, you are likely to see a life full of wonderful opportunities, great relationships, and meaningful options.

In other words, the negative people color every experience with a negative brush – while the positive people see the opportunities in each encounter. We are all going to have bad times and good times – that is life. We always remember the words of the old sage “This too will pass.” However, when those times are over, we all tend to return to either a positive or a negative state. Let us make certain we return to the positive side. Let us make sure we are a positive, not a negative.

I am always amazed when I talk to people who somehow denigrate the concept of having a positive outlook. They range from the “life stinks” people to the “I’m not an optimist – I’m a realist” sort – but they all seem to have one thing in common – they somehow seem to think that looking at life in a positive way is a dumb thing to do.

Keep your mind where it belongs – on the positive side of life.

**The three most important factors in living life positively and happily are:**

- 1) Being appreciative
- 2) Looking at people and situations in a positive light
- 3) Acting Joyously

**Three areas to work on for eliminating blockages to positive living and personal growth are:**

- 1) Not looking at people and situations in a negative light and not speaking negatively about other people
- 2) Eliminating anger
- 3) Not pitying ones own self.

It is clear that looking at thing in a positive light can really make our lives better. Yet we find it so difficult. In fact, the vast majority of news and blogging is critical and negative. Why are we so focused on the negative?

When you distill it down to its very basics, living a positive life with a positive attitude essentially winds up with this:

1. A **respect** for people and their contributions, **especially yours**.
2. A **belief** that things happen for a reason, and that reason **serves** you, whatever it is.
3. A **conviction** that no matter how good or how bad things may be, they are going to get better -- **and you can help make them become so**.

4. An **awareness** that positive people are the ones who **make the difference** in life.
5. A **dedication to live a positive life**, no matter what.
6. An **understanding** that **good things happen -- repeatedly --** to those people who are looking out for them.
7. A **commitment to form and foster positive habits**, and decrease negative ones.

Being positive is efficient. If you believe that, you can handle things and take care of business you will set goals and map out a plan and proceed with it. Life is more manageable, and other people and opportunities are drawn to you. The converse is also true. If you are negative, you put out bad energy and no one wants to be around you. In life, there is not enough time to have a bad attitude. You will act based on your positive or negative view of the world. If you believe, for example, that there are no jobs out there, you will act accordingly and you will not be doing the things that are efficient like looking for a job.

## **POSITIVE LIVING – THE LEADERS ROLE (MAKING OTHER POSITIVE)**

**The common thing that I hear from people is I am a positive thinker but I am not able to change others surrounding me. What can I Do? It does not happen in a day. A lot of effort needs to be put in .Here are few tips, which will serve the purpose**

### **Make it your focus**

**Make positive thinking a focus** for the entire life. Train yourself to refocus negative thoughts in every situation you encounter. When the idea is understood and practiced every day, you will be able to accept a bad result and move on to the next day. Then you will be able to make a difference in others.

### **Make it a goal**

**Make it a goal** to maintain a positive atmosphere. Explain to your family or team members that being positive are something everyone will work on together. Take the time in each occasion to praise positive acts, and put consequences in place for negative behavior. As often as possible, evaluate whether the team or family is accomplishing this goal.

### **Practice being positive**

**Practice being positive** as a skill every moment. Frequently ask others (whom you are associated), "What are you thinking about?" Read their negative thoughts. Tell them, "Let's be tough enough to beat negativity."

Everyone on your team or family should project positive behavior. Encourage loud and frequent support for one another during interactions. Actively encourage people to find the good in others and move past differences.

### **Correct negative behaviour**

**Correct negative behavior** as soon as you see it. We must recognize and address any self-defeating thoughts then work hard to correct them. However, it is important that corrections are communicated positively. For example, You can say, "I understand your frustration, but we will all do better if we stay positive and encourage others. Instead of being angry, think about how to improve. Practice changing your thoughts."

Everybody should be responsible for correcting negativity when it is noticed. Impatience with others, sarcasm, rolled eyes, and negative body language should be corrected without exception.

### **Build on what was done right**

**Build on what was done right** before being critical about what went wrong. It is easier to focus on mistakes than on the progress being made. But , by pointing out the progress being made, we are building on something positive that increases confidence.

During preparation for exam or project, we can instruct our children or team members by saying something positive about what they are doing before giving instructions. If they are not doing anything right, then say that, too. Being positive does not mean lying—it means giving encouragement so people can correct what is wrong.

In giving feedback after an exam or game or performance, let your emotions subside before talking to the team. Analyze the game as if you were not involved. Then, give direct instruction on how to improve, without any anger or sarcasm. Rather than being negative about mistakes, talk about them as actions that can be overcome with goal setting, visualization, and positive thinking.

At the same time, teach others to practice taking criticism. Help them understand that constructive criticism is not about them personally, but about their performance. Point out when they are defensive. Praise them when they are positive in accepting criticism.

**Do not forget the joy of performing.**

**Do not forget the joy of performing.** One way to teach others to be positive is to show them how much fun their work is to do. Be enthusiastic when they accomplish something for the first time. Let them take pride for their performance.

Teaching our younger generation to control their anger and frustration should be a major goal. Tougher than the actual struggle, the struggle to remain positive in our thoughts, feelings, and behavior is a lifetime endeavor, and our children can use all the help we can give them. Make your school, family, company a resource for emotional health by having students, teachers, employees, customers and parents know that if we want success in any part of our lives, we first have to defeat our own negativity.

## **MY FINAL WORD**

Only through living a positive life can we ensure a positive future – for ourselves, for our families, for our companies, and for our nations. Only by developing a positive, optimistic attitude can we truly add quality to the present – and through doing so, ensure that we have a positive future.

**By: NTC Team**

Note: Hope you liked the content, we value your feedback:

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