

Pack 1- Positive Attitude

Positive attitude is:

- ✓ a state of mind that envisions and expects **favorable** results.
 - ✓ the willingness to try doing new things.
 - ✓ also **positive** thinking.
 - ✓ **optimism** and maintaining a **positive mindset**.
- ✓ a mental **attitude – POSITIVITY**, that focuses on the **bright** side of life.

Positivity leads to success!

Most people think that if they become successful, then they'll be happy.

But recent discoveries in psychology and neuroscience show that this formula is backward: Happiness fuels success, not the other way around.

When **we're positive**, our brains are more:

- ✓ motivated
- ✓ engaged
- ✓ creative
- ✓ energetic
- ✓ Resilient
- ✓ and productive.

See life as it is but **FOCUS** on the good things!

Positive emotions - like **joy, gratitude, contentment, inspiration, and pride** - don't just feel good when we experience them.

They also help us **perform better**, broaden our perception and improve our **physical health**.

So although we need to be realistic about life's ups and downs, it helps to focus on **the good aspects of any situation:**

the glass half full rather than the glass half empty.

ACCEPTANCE: Be comfortable with who you are!

No-one's perfect.

But so often we compare a negative view of ourselves with an unrealistic view of other people. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves and being kinder to ourselves when things go wrong, increases our enjoyment of life and our well-being.

It also helps us accept others as they are.

What are your greatest strengths or hidden talents?



“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”

10 clever triks to trigger Positive Attitude

1. Start the day with positive affirmation.
2. Focus on the good things, however small.
3. Find humor in bad situations.
4. Turn failures into lessons.
5. Transform negative self-talk into positive self-talk.
6. Focus on the present.
7. Find positive friends, mentors and co-workers.



Ways to Define a Positive Attitude

- ✓ It is looking adversity in the eye... and laughing.
- ✓ Motivating those around you with a positive word.
- ✓ Using the power of a smile to reverse the tone of a situation.
- ✓ It's getting back up when you fall down. (No matter how many times you fall down.)
 - ✓ Being happy even when you have little.
 - ✓ Having a good time even when you are losing.
- ✓ Having a positive future vision, no matter how bad your current circumstances.
 - ✓ Smiling.
- ✓ It's not complaining no matter how unfair things appear to be. (It is a waste of time... instead do something!)
 - ✓ Not letting other people's negativity bring you down.
 - ✓ Being true to yourself... always.



ERASMUS+

Project no. 2018-1-R001-KA204-049335



**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

