



**ERASMUS+**

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



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

**Positive Attitude**



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## **ATTITUDE**

- Attitude is a mental position relative to a way of thinking or being.

### **POSITIVE ATTITUDE**

- Positive attitude helps to cope more easily with the daily affairs of life.
- It brings optimism into your life, and makes it easier to avoid worry and negative thinking.

### **NEGATIVE ATTITUDE**

- A negative attitude is a disposition, feeling, or manner that is not constructive, cooperative, or optimistic.



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**Do you have a Positive**



**or**

**a Negative Attitude?**





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## DIFFERENCES BETWEEN POSITIVE AND NEGATIVE ATTITUDES

Positive Attitude	Negative Attitude
Individuals who have a positive attitude will pay attention to the good, rather than bad in people, situations, events, etc.	People with a negative attitude ignore the good and pay attention to the bad in people, situations, events, etc.
Positive attitudes are rewarded. It means the individual is encouraged to do die the same thing in future.	Negative attitudes are punished in order to A discourage the same action in future.



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<p>Having a “positive attitude” means a person believes everything happens for the best in the end.</p>	<p>A person with a “negatives attitude” tends to believe their best days are in the past. There is nothing to “look forward to” and considers it a waste of time and energy.</p>
<p>It is an optimistic approach for a person to achieve good results.</p>	<p>It is a pessimistic mindset of a person who is not capable of handling critical issues.</p>
<p>It can achieve long-term goals easily and in time</p>	<p>It can achieve some initial goals but not the long-term goals</p>
<p>It is a process of solving problems.</p>	<p>It is a process of looking for problems.</p>
<p>A person with a positive attitude pays attention to the virtues of others.</p>	<p>A person with a negative attitude pays attention to other people’s shortcomings.</p>
<p>These persons always see opportunities.</p>	<p>These persons see only limitations.</p>



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## **POSITIVE ATTITUDE MANIFESTS IN THE FOLLOWING WAYS**

- ✓ Positive thinking
- ✓ Constructive thinking
- ✓ Creative thinking
- ✓ Expectation of success
  - ✓ Optimism
- ✓ Motivation to accomplish your goals
  - ✓ Being inspired



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## **THE BENEFITS OF A POSITIVE ATTITUDE**

- Helps achieving goals and attaining success.
- Success achieved faster and more easily.
- More happiness.
- More energy.
- Greater inner power and strength.
- The ability to inspire and motivate yourself and others.
- Fewer difficulties encountered along the way.
- The ability to surmount any difficulty.
- Likes smiles at you.
- People respect you.



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The positive thinker sees  
the *Invisible*,  
feels the *Intangible* and  
achieves the *Impossible!*