

## A POSITIVE ATTITUDE

Your vision will become clear only when you look into your heart.  
Who looks outside, dreams.  
Who looks inside, awakens.  
Carl Jung

### Develop your positive attitude!

Here are some ways to help you develop a more positive attitude and better manage the stressors in your life:

- Listen to internal dialogue. Divide one or more sheets of paper into two columns and, for a few days, jot down in the left column all the negative thoughts that come into your head. Rewrite each thought in a positive way in the second column. Practice doing this in your mind until it becomes a habit. (For example, "I'll never get this finished by the end of the day!" could become, "I will probably get most of this finished by the end of the day.")
- Learn to communicate. Not saying the things we feel can lead to a sense of frustration, hurt, anger or anxiety. If you find communicating difficult, or are afraid of arguments or bruised feelings, take a course in communicating effectively.
- Get back to basics. Reconnect with old friends, take the dog for a walk, visit an art gallery or listen to your favorite music. Enjoy a long, relaxing bath, read a great book, tell your child a story, or ask an older relative to tell you one! It is the simplest things in life that give us the most pleasure...
- Help someone out. The simple act of helping others helps us to feel good. Pick up groceries for an aging neighbor, volunteer at your local hospital or read a book to someone with failing eyesight. If you are unsure of how to help out in your community, call your nearest volunteer centre.
- Find your spirituality. Research has shown that those who have developed their spirituality through associating with other spiritual individuals or having their own personal and unique beliefs live longer, more satisfying lives. The secret is practicing those beliefs, either through organized spiritual associations, or simple meditation in a quiet place.
- Allow yourself to be loved. The ability to love and be loved is the most basic human trait. We, as a society, have become disconnected from this most basic need - fear-centered emotions (depression, loneliness, guilt and anger) are the symptoms. Finding ways to reconnect with others is extremely helpful in developing a positive attitude.
- Allow yourself to laugh and find humor in the simplest of things. Laughter is a powerful mood elevator. If you are feeling down, read some jokes, watch a funny movie or just act "silly" once in awhile. At times, it is a good thing to let yourself see the world through a child's eyes.
- Participate in new physical and mental activities to improve confidence levels and coping mechanisms. It could be as easy as learning the meanings of new words or learning about new topics to build confidence.
- Follow the principles of holistic health (better nutrition and exercise help improve mood and attitude).
- Remember that the mainstream media focuses on information that leads to fear, negative thoughts and emotion. Find other more positive things to do with your precious moments such as reading a great positive book, a walk in nature or volunteering with people and animals.
- It is all about letting go of the "emotional baggage" that holds us back from true enlightenment! All that you require is already within you, so do not give your power away by blindly following others. Rather, trust in the goodness that already resides within your heart.

### Decide to Have a Positive Day!

Our inner critic is the internal voice of negative judgmental self-talk. It is the nagging feeling, the inner voice that makes us critical of ourselves and others. It is postulated that our inner critic

developed early in life as a mechanism for reminding us of childhood rules and standards that we internalized about how we were supposed to think, feel and behave.

We learn to be critical of ourselves as we learn to march to the drummer of others wants and needs, we learn to be critical of others when they do not conform to what we want or expect.

The inner critic speaks loudly in judgment of ourselves and other people. It is a voice that yearns to castigate. It is the voice of enslavement to our egos and to the wants of others.

Sometimes our inner critic will leave us with feelings of self-doubt; sometimes it will allow us to feel negative and critical of others. When we listen to our inner critic, we listen to negativity that separates us from our best self and also from others.

Our best personal and professional selves come from a place of self-love and acceptance. When we can truly love and accept ourselves we can also see those in our world as collaborators on our path of personal learning. Love is a path which brings us closer to the seed of creation and to a place where we can grow, learn and to share joy with others.

We are all partners on a human journey, and the greatest challenge in our roadmap to personal and professional success is to cleave to our humanity, to the values of sharing and caring that make us brothers and sisters on the road of life.

Take a day this week to stomp out the voice of your inner critic; to free yourself from self imposed negativity and judgment.

Silence all criticism and negativity for 24 hours. Concentrate only on the good in yourself and in others that you meet and interact with. Give the inner critic a day off, and in so doing spend a day with your highest, greatest and best self.

### Key Examples of Positive Affirmation (self-talk) to Help You:

- **I will think of myself as Successful!**
- **I will have positive expectations for everything I do!**
- **I will remind myself of past successes!**
- **I will not dwell on failures; I just will not repeat them!**
- **I will surround myself with positive people and ideas!**
- **I will keep trying until I achieve the results I want!**