

The Optimistic Outlook: 8 Ways to Think Positive

Are you already an optimistic person? Keep up the good work. But what if you tend to focus on the negative, or catch yourself thinking the worst? Practice positive thinking. Here are 8 ways to develop a positive mindset:

1 Start your day with positive thoughts. When you wake up, do you start worrying about everything on your to-do list and what could go wrong? Stop. Start your day with a positive thought like: “Today is going to be a great day.”

2 Be grateful. It’s another way of saying, “look for the positive.” For example, when you’re stuck in traffic, be grateful for extra time to listen to your favorite song or podcast.

3 Keep a gratitude journal. Take a few minutes each day to write down a few things you’re grateful for. Even little things matter, like clean air, a beautiful sunset, or all green lights on your way to work.

4 Laugh more. It’s a great way to boost your mood, feel happier, and be more positive. Read or listen to funny jokes. Watch a comedy. And look for humor, even in difficult situations. When you laugh, endorphins are released in the brain that help improve your mood.

5 Make time for exercise. Aim for 30 to 60 minutes a day. Break it up into smaller chunks of time if that fits your schedule better. Go for a walk. Ride a bike. Hit the gym. Take a fitness class. You’ll feel better, think better, and be more positive.

6 Learn from failure. When something doesn’t turn out the way you expected, it’s easy to focus on what went wrong. Change the way you think about failure. Turn it into a learning opportunity. Inventor Thomas Edison said: “I have not failed 10,000 times. I have not failed once. I have succeeded in proving that those 10,000 ways will not work.”

7 Stop, think, choose. Pay attention to what you say and think. When you catch yourself making a negative statement or comment, Stop. Think about what you’re saying. And Choose to reframe it with a positive statement. Here’s an example: **Stop:** I’ll never be able to eat a healthy diet. **Think:** That’s not true. I just ate a cookie, but I eat healthy foods, too.

16 more ways to think positive
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Choose: I’m working on eating a healthier diet. I’ll make better choices next time.

8 Surround yourself with positive people. You may not be able to avoid Debbie Downer or Bob Bummer if they’re your co-workers or part of your family. But you can surround yourself with positive people. Being around people with a positive outlook will help you learn to think this way, and avoid dwelling on the negative.

Positive thinking won’t solve all your problems or turn your life into a magical fairy tale. But it can improve your physical and mental health, help you live longer, and feel happier. And that’s something to be grateful for.

Think positive...
live longer
<http://tinyurl.com/y7cbavlv>

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