

## Positive Attitude – A Way of Life

What is Attitude? Well, the way I see it is what good you see in others and how you treat/understand people in general. Yes, positive attitude connotes that you only emphasize on good of others and not on the bad. I want to talk about only positive attitude here and focus on this form of mindset as it can have a ripple effect on your personality. Yes, it does. When you change your perception about others, it changes a lot of things inside you. It gives you immense gratification as a human being and believe me it brings in a lot of contentment and cheerfulness inside you. Yes, I do not trust that positive attitude is something that can be cultivated overnight and can be fostered in you in a couple of days. To me it's a way of life which can only grow as you start practising it in day-to-day life.

But what can you do to enhance it and bring it in your daily routine? What I do is what I am going to share with you to make it gainful for you as well! These are small things which I practice in day-to-day life and make myself content and joyful at all times.

- 1. Perceive Only Positive:** Yes, be it a situation, or somebody talking to you, or even behind you, extract only positive implications of it. Many-a-times, you get stuck with words as to what the others are saying about you or how others are treating you. Believe me, everybody is fighting a battle inside them and what the world needs from you is generosity and kindness in every form. Let people talk loosely or say what they want according to their caliber and potentiality. You dig out only that much that you find suitable to you and to your personality or what you find meaningful.
- 2. Recite Positive Words:** There is vocabulary that you can bring in your diction every day that can drastically transform the way you think or your attitude in total. Humble words such as sorry for being wrong, thank you for being grateful, love you for the children and your parents and well-wishers, and most importantly wonderful every morning because God has given you another day in your life to make it wonderful.
- 3. Imbibe Positive Affirmations:** As your daily routine, there are certain sentences that you need to bring in to life and repeat them as often as you get time that will not only alter your outlook toward life but can also

make you a better person. Those sentences you have to figure out yourself that make you happy and strong. For me some of the positive affirmations are: I am healthy, I am peaceful, I am loved, God is always there with me, I am blessed in so many ways, etc.

- 4. Indulge in a Positive Self Monologue:** So many times, we get into self-talk or a mindfulness, may be at night time or when we feel a little low. Those are the times which need your maximum positivity. You should encourage a positive self-talk and should break the negative chain of thoughts. If you are able to be positive in a negative situation, you win.
- 5. Believe in GOD:** I don't know about other people, but when I connect with GOD, I feel positive, encouraged, and motivated. Always believe that the position you are in is only temporary and that future that the GOD is going to bring for you will be a lot more fulfilling and exciting. Have faith in GOD always.
- 6. Stay Enthusiastic:** The little things you do in your routine, such as enjoying what you love doing the most, like making yourself the breakfast, binge-watching a movie or a web series, playing with kids, surfing the Internet on your favorite stuff, Listening to music etc. Stay enthusiastic and involved in the stuff you love to do.

I practise these things and remain motivated and cheery always. Positive Attitude is a way of life and the only way of life is a positive attitude.