



# 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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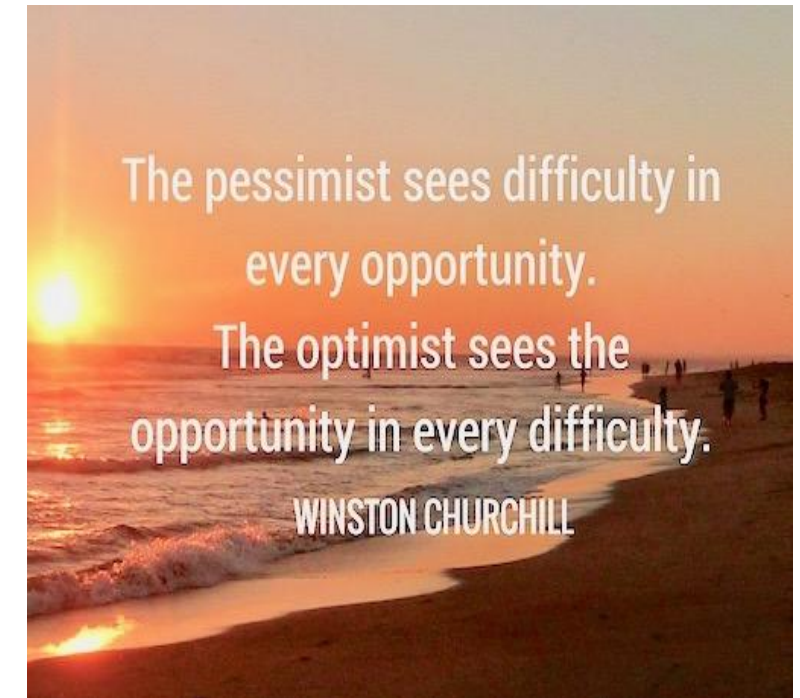
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### **Keep a Positive Attitude**

- 1. Surround yourself with positive people
- 2. Fill your mind with positive input
  - 3. Control your language
  - 4. Create a routine for the day
  - 5. Be nice to other people
- 6. Don't rely on an outside source of positivity
  - 7. Create high points in each day and week
- 8. Assume responsibility, and choose your response
- 9. Decide your reaction to known problems ahead of time
  - 10. Make a mission statement
  - 11. Have personal goals
  - 12. Stop complaining





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## **Positive thinking brings success**

Use the Power of Positive Thinking:

How to Think Positive?

It's the quality of optimism!

The best news about optimism is that it is a learnable quality. That means you can learn how to think positive by taking adopting an optimistic mindset.

By the law of cause and effect, if you do and say what other healthy, happy people with positive attitudes do and say, you will soon feel the same way, get the same results, and enjoy the same experiences that they do.



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## **Happy People Find Good in the World**

1. First, they keep their minds on what they want, and keep looking for ways to get it. They are clear about goals and they are confident that they will accomplish them, sooner or later.
2. Second, optimists look for the good in every problem or difficulty. When things go wrong, as they often do, they say, “That’s good!” And then set about finding something positive about the situation.

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**Decide To Be Positive!**

