



SOUTHEAST PSYCH

PSYCHOLOGY FOR ALL

Ten Ways to be More Positive by Barrie Morganstein, Ph.D.

With our fast-paced lives and our long lists of goals and expectations (for ourselves and others), it is easy to get wrapped up in frustration and disappointment. However, being positive is not only a more pleasant and healthy way of living, but being positive is more like to bring about happiness and success. Here are ten ways to improve your personal positivity.

1. Make a "grateful" list – write down three things each day that you are grateful for (they can be simple like finding a parking spot or more deep like your family being healthy)
2. Set up realistic expectations – even Olympic gold medalists don't win gold medals in every event; pick a few things that you would like to excel in and go for it!
3. Accept that you cannot please everyone all the time – not only is it impossible, but it's a lot of work and isn't much fun
4. Keep things in perspective – people who are able to keep "little deals little" tend to be much more positive than people who make a big deal out of everything
5. Re-frame the negative – look for positive things that you can gain from your setbacks (e.g., you may actually find a better job than the one that you just lost)
6. Drop the self-deprecation – not only will negative self talk bring you down, but it will bum your friends out too
7. Visualize success and positivity – if you can build it, it will come
8. Find ways to laugh and share them with others – if laughter isn't the best medicine, it is at least in the top ten
9. Use "self-talk" – cheer yourself on when times are tough, challenge yourself to change negative thoughts, and be your own best friend by saying positive things about yourself and your skills.
10. Pay it forward! -- doing something nice for someone else, whether it is giving them a present or a simple compliment, it will make them feel good and you will too.

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