

The Power Of A Positive Attitude



Revised on : 22 May 2020.
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The Power Of Positive Attitude

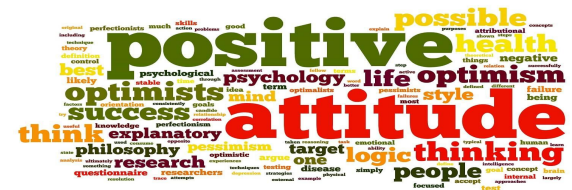
Positive attitude:

- ❑ Attempting to see the good side in any situation and managing that situation in a constructive way.
- ❑ The Power of a Positive Attitude reflects on an individuals understanding to act and think positively even in a negative situation.



A positive attitude

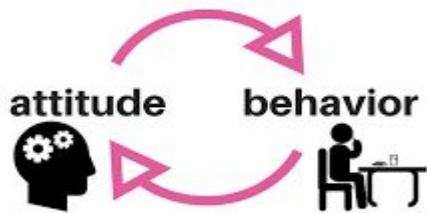
- A positive attitude does not mean ignoring tough situations.
- Increases your faith in your abilities, and brings hope for a brighter future.
- It helps to persist in trying to make things better.
- Helps to inspire and motivate yourself and others.
- It creates more positive situation.
- You encounter fewer obstacles and difficulties in your daily life.



Distinction between...

People with Positive Attitude	People with Negative Attitude
They always see opportunities.	They see only limitations.
Process of solving problems.	Process of looking for problems.
Can achieve long-term goals easily and in time.	Can achieve some initial goals but not the long-term goals.
Optimistic approach for a person to achieve good results.	Pessimistic mindset of a person who is not capable of handling critical issues.
Individuals who have a positive attitude will pay attention to the good, rather than bad in people, situations & events, etc.	People with a negative attitude ignore the good and pay attention to the bad in people, situations & events, etc.
A person with a positive attitude pays attention to the virtues of others.	A person with a negative attitude pays attention to other people's shortcomings.

- **Negative experience + Negative attitude = Negative behavior.**
- **Positive experience + Negative attitude = Negative behavior**
- **Negative experience + Positive attitude = Positive behavior.**
- **Positive experience + Positive attitude = Positive behavior.**



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Change makers to give examples for each of the above equation

How to build a positive attitude?

- Accept Responsibility.
- Learn to communicate.
- Manage your self talk.
- Choose your behavior.
- Develop an attitude of gratitude.
- Practice empathy.
- Look at criticism as an opportunity to improve.
- Stay away from negative influences.



Impact of positive attitude at workplace

- Increased productivity.
- Greater probability of collaboration and teamwork.
- Improved morale.
- Ability to overcome adversity.
- Willingness to think creatively and try new things.
- Willingness to share information and ideas.
- Improved customer service.
- Positive experience builds self confidence in oneself.



Impact of positive attitude at workplace

- **Successful and confident people have a positive attitude.**
- **Communication becomes easier, and pleasant when you maintain the right attitude, regardless of how the other person is communicating.**
- **Positive attitude helps you to focus on the solution, rather than waste time and energy in thinking about the problem.**
- **Positive attitude helps identifying the Right Goals, Stay Focused, Plan Better.**



Four Strategies for Maintaining a Positive Attitude

1. Focus on the positive aspects in any negative situation.

- Look for the positive qualities of a person, event, or day.
- Stop complaining.
- Avoid criticizing or blaming yourself or others.
- Change negative thoughts to positive thoughts.
- Think out of the box.



2. Look for things you can do to change a negative situation into a positive one.

- Try to understand the problem or issue behind the situation.
- Talk with the people involved and try to understand their points of views.
- Calmly and respectfully explain your point of view.



3. Take a break from the situation

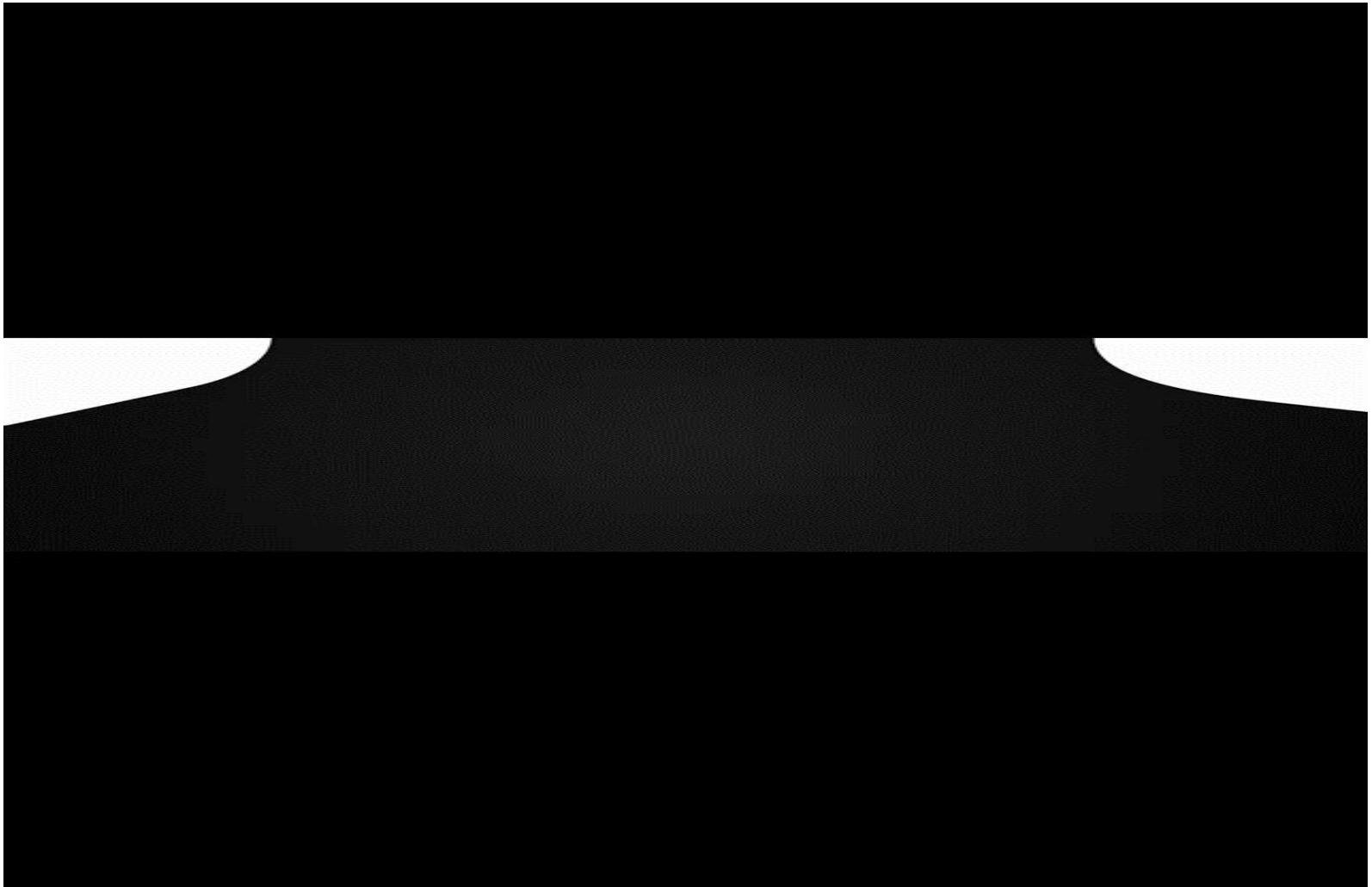
- Take a deep breath and try to stay calm.
- Play a game.
- Go for a walk.
- Involve in hobbies.



4. Surround yourself with positive people and events.

- ❑ Spend time with friends who have a positive attitude.
- ❑ Look for positive experience and get involved.
- ❑ Choose friends with positive attitude.
- ❑ Use humor and laughter to create a positive atmosphere.







Group Activity

- 1. A shopkeeper has approached you to help sell his products. In return, the shopkeeper is willing to pay a wage that you consider very less.**
- 2. Your friend is harassing you in front of others because you chose to go to work rather than joining them at the cinema.**
- 3. Your boss had asked you stay back to help him out with work and not your colleague. You feel you are always piled with work by your boss. You have also planned a dinner with a friend.**

4. Your friend has been asked to relocate to another city by his employer. He is hesitant and unsure. How can you help him to think positively?
5. Aditya's mother is very ill and needs help. He is unable to attend work. His employer informs him that he will be fired if it happens again.
6. You have finally been selected for a retail job after many attempts. You were always not keen on a job in this sector but you do not have any other offer in hand now.



Person Application

- What makes it difficult to maintain a positive attitude?
- What can you do to help yourself maintain a positive attitude?
- Are there people who can help you to maintain a positive ?

SUMMARY

- How does positive attitude make you feel?
- Why do you think maintaining positive attitude consistently is important?
- How does positive attitude help cope with the daily challenges?
- How does it get you to work towards achieving your goals?
- How will it help the youth to make better decision making abilities?

Choose carefully

Negative attitude says: You cannot achieve success.

Positive attitude says: You can achieve success.

Positive attitude is like a magnet for positive results

