


POSITIVITY WINS



HOW YOU CAN USE THE
POWER OF POSITIVE THINKING
FOR LONG-LASTING HAPPINESS
AND FULFILLMENT

❑ **Overcome negative thinking**

Let go of the past

- The past is gone
- Move forward

Learn from mistakes

- They're bound to happen

Stop focusing on what's wrong

Don't blame others

Tell yourself to stop

- Be self-aware

Get help from positive

thinkers Start a journal

- Track your thoughts

Failure is an opportunity to learn

Enjoy every achievement

- Small wins lead to big wins
- Adjust when necessary
- Your dreams aren't set in stone

❑ **Power of positive thinking**

What do you want to achieve?

Think about your why

Talk to yourself

- You'll hear yourself clearly
- Learn to say yes
- You'll embrace life
- Don't be held hostage by "no"

Drown out your negativity

- Replace it with positivity
- Look for positive things always
- Look for silver lining

Be happy for other's success

- Stop being jealous
- Use them as inspiration

Be grateful for your blessings

- Don't take it for granted

Practice positive affirmations

- Believe in your affirmation
- Don't just say it

Think happy thoughts

- Don't dwell on negative events

Just be happy

□ **Powerful, positive habits**

Get enough sleep

- Feel energized in the morning

Exercise regularly

Establish morning ritual habit

- Need self-discipline for this
- Do important tasks in morning

Take care of your hygiene

- Feel great on the inside

Read good books

- Learn new things
- Pick up new knowledge

Be financially healthy

- Save regularly
- Make your money work for you

Do something kind each day

Practice mindfulness

- Live in that very moment

Stop procrastinating

- You won't accomplish

anything Laugh when you can

- Laughter is the best medicine

□ **Self-belief and self-confidence**

Have a solid plan

Commit yourself to improving

Think about your strengths

Acknowledge your weaknesses
Face and conquer fears
Set small goals and achieve them

☐ **Surround yourself with positive people**

Don't hold grudges
Focus on the good
Not afraid of failure
Make other people happy
Treat everyone kindly
Live in the present
Don't badmouth others
Dream big
Fewer complaints
Positive habits

☐ **A little humor goes a long way**

Great stress buster

- Laugh your way out of stress

Elevates your mood

- Lift up your spirits

Brings people closer

- Shared laughter is great

Diffuses tensions

- Make people laugh

instead Resolves conflicts
See things from another perspective

- Take a step back

Encourages creativity
Makes you more resilient

- Help keep problems at bay

☐ **Health benefits of positive thinking**

Better immunity against heart disease

Better resistance to depression

Delays effects of aging

- Take care of your body
 1. Exercise
 2. Healthy food
 3. Better skin

Cope better with stress

Increased life span

- Get rid of self-destructive habits

☐ **Strive for excellence, not perfection**

Focus on what matters

- Make realistic goals

Look at things from another angle

- Make more progress

Get inner voice under control

- Do your best each time
- Put one foot in front of the other

Reward yourself for every win

- Plenty of chances to reward yourself

Focus on doing positive actions

- No analysis paralysis

☐ **Role of visualization in your success**

Helps motivate you

No limits in place

Helps reduce stress

Helps improve positive thinking

Helps focus on important matters

☐ **Spread your positivity**

Walk the talk

- Lead by example

Use positive words

- Words do have power

Give constructive
feedback & be grateful

Say thank you

Avoid laying blame

Point out positives

- Think of possible opportunities

Focus on finding solutions

Be excited about future

○ Never stop chasing
dreams Smile and be kind

○ Others will feel
better Be a good listener

- Show people you care