

# 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