

Positive Attitude

Having confidence and assurance in oneself can really boost up a persons morality not only for a day, but maybe for the rest of your life. Depending on how you see yourself each day. It's not only good for your health, but good for others around you. It will boost the moral of the people you work with, of people you come in contact each day. Some how a positive attitude just seems to rub off and alight on others.

Here are 5 quick and easy steps to a positive attitude by Jason Garcia, founder of Motivation 123, specializes in helping people live happier lives with the help of motivation and inspiration. Being in a good mood is not difficult. It does take a little work, and it also takes responsibility. Because it's better to be happy than upset, putting yourself in a good mood is worth it. Even the happiest people find themselves in a bad mood now and then. Others unfortunately may find themselves in low spirits more often than not. The following tips can help both types of people create a better mood each day.

1. Take Inventory

The first step is to realize you are in a bad mood. If you don't realize it , it's going to be tough to change it. This realization can come from several sources. You are usually the best judge of your mood.. You can also get that type of feedback from others.

2. Decide To Change

Now that you are in a negative mood, you have to decide you want to change it. This isn't as easy as it sounds. When we're upset, we usually don't want to hear how we should be happy. We usually want to be left alone. That is why this is the toughest step.

Regardless, it's worth it. A few days a week in a bad mood can really add up. A friend might comment that you are usually in a negative mood without you even realizing it. Yes it's hard to make this decision, but after you have changed your mood , you'll be happy you did.

3. Find The Source

You know you are not happy, and you want to change. The next step is to look for the source. I know when things start piling up I get a little tense. Once I feel that I am getting upset, I think about things I am concerning myself with . Then I write them down, and get to work on them. This helps to bring order to my cluttered mind. Look for the source of the negativity. Did someone upset you? Are you worried about something you did? About something you still have to do?

4. Fix The Source

When you find the source, it's time to fix it. If someone upset you, talk to them. If you are worried about getting something done, do it. If you are worried about something you can't change, accept that you can't change it and move on.

5. Some times fixing the source isn't enough to change our mood. In this case, think of things that put you in a good mood. It could anything you choose. Call a friend, going to lunch , playing golf, etc. If you fix the source of the problem and still feel down, do something fun. This quick system will help change your down days into some of the best up days you've ever had.

Be happy.

Submitted By Vern Kaaiakamanu

Wellness Committee