

Title:

Developing An Optimistic Attitude

Word Count:

870

Summary:

How's your attitude lately? I caught myself doing something surprising a few days ago: being a

I was working on a big project and making great progress, when suddenly I encountered a big ob

I tend to think of myself as a positive person most of the time. I almost always h...

Keywords:

self help,attitude,positive attitude,positive thinking,success mindset,power of thoughts

Article Body:

How's your attitude lately? I caught myself doing something surprising a few days ago: being a

I was working on a big project and making great progress, when suddenly I encountered a big ob

I tend to think of myself as a positive person most of the time. I almost always have a smile

To be fair to myself, I was frustrated when I uttered that negative phrase. It's understandabl

I like to joke that I own lakefront property in "Victimville." ;- ) But I don't have to stay th

Expecting the Best

You've probably heard the phrase, "Expect the Best, but Prepare for the Worst." Do you really

We can't expect the best AND the worst. We have to choose. In my moment of frustration, I was

So I uttered a phrase that would cancel out my previous negative one: It's all good. Whether I

Reinforcing Postive Thoughts

The truth is, positive thinking takes consistent effort. It would be great if we could "fix" o

There are two ways to do this:

Replace the negative thoughts with positive ones - It takes practice, but you can actually cat

Preventative maintenance - You don't have to wait for negative thoughts to come up in order to

At first you might not really believe these positive thoughts, and that's okay. Keep at it. Sa

I'm in this journey with you, you are not alone. Remember that it IS a journey. We don't have

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