



Positive Outlook

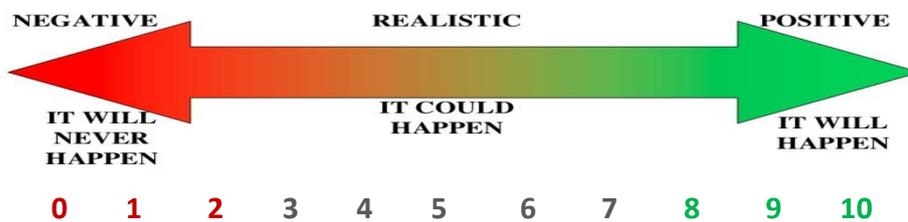
- What is a positive outlook?
- Do you want it, and if you do,
- How do you get it?



Two important components in life are your *outlook on life* and your *attitude towards life*.

- Your outlook is all about how you see the world around you & then how you interpret what you see.
- With a negative outlook you see mostly problems, difficulties & threats, however with a positive outlook on life then you see opportunities instead of problems & solutions when problems occur.
- A negative outlook wastes energy whilst a positive outlook creates energy.
 - Those with a positive outlook on life & who are optimistic about the future, tend to lead healthier lives overall.
 - Look at yourself honestly, what do friends, family and colleagues say about you, how positive is your outlook on life?

Circle the number below to show where would you place your outlook on life today



HOW TO GET A POSITIVE OUTLOOK

Listen to your words and self-messages	Be appreciative
Challenge your negative thinking	Volunteer your time
Notice when life events go well	Reduce the time you spend with people who de-energise you
Regularly encourage yourself	Avoid negative work attitudes and blame culture
Associate with people who energise you	Learn advanced communication skills

A positive outlook is infectious.....is yours worth catching?

WHEN YOU HAVE A POSITIVE OUTLOOK YOU FIND THAT YOUR THINKING:

Tick the boxes where you would like to make improvements.
Write down what you can do to make changes to your thinking.

Is more constructive

Is more creative

Attracts success

Is more motivational

Is more solution focused



Cheerfulness is infections.....so create a cheerful infection!

THE BENEFITS OF A POSITIVE ATTITUDE:

Tick the boxes where you would like to make improvements.
Write down what you can do to make changes to your thinking.

Helps you to evaluate and achieve your aims and attain success, as you want it to be

Creates happiness

Makes you feel more energised

Inspires and motivates both yourself and others

You're more likely to achieve the results you want



How to stay positive, questions to ask yourself:

How often do I show appreciation at work or at home?

Are there opportunities for me to energize my colleagues or family?

What is the key for me to have a more positive attitude in the workplace?

How often do I say thank you to assistants, colleagues and managers?

How often do I acknowledge a job well done (even if it's what they are supposed to do)?

How often do I take the time to celebrate occasions, life changes and achievements?

How often do I look for and acknowledge the good in people?

How often do I look and feel happy?

"Nothing is good or bad, but thinking makes it so." William Shakespeare