

stones in life. Do not let negative energy surround you. Always stay away from emotions of anger, guilt, anguish, and sadness. If at any point of time you are trapped into any of these feelings, immediately go and pour out in any possible way you can. Share with your friends, talk to your parents, or lean on your close one. Do not ever let them build a home in your heart.

Straight Posture and Big Steps

Optimistic people use an upright posture, walk confidently, and take big steps. Pessimistic people slouch, walk slowly, and use small steps. Imagine seeing someone walking with his or her head held high, shoulders back, walking fairly fast with big steps. That person exudes confidence. In contrast, a person whose head and shoulders slouch and walks with slow, small steps, projects a gloomy mood.

Engage in Physical Activity

Moving your body helps you to feel better and improves your self esteem. Arrange a time every day or as often as possible when you can get some exercise, preferably outdoors. This helps to develop a more positive attitude.

Take Time to Do Things you Enjoy

Make a list of things you enjoy doing. Then do something from that list everyday. Add to the list

anything new that you discover you enjoy doing. For instance

- Read at least one page of an inspiring book every day.
- Watch movies that make you feel happy.
- Indulge yourself in sports or games you like most.
- Read about great people who have affected changes in this world.

Associate with People Who Think Positively

Associate yourself with people who think positively. Spend time with people who make you feel good about yourself—people who treat you well. Try to avoid people who treat you badly.

How Students Can Build a Positive Attitude in Class

- In every class, look for positive people to associate with.
- In every lecture, look for one more interesting idea.
- In every chapter, find one more concept important to you.
- With every friend, explain a new idea you've just learned.
- With every teacher, ask a question.
- With yourself, keep a list of your goals, positive thoughts and actions.
- Remember, you are what you think, you feel what you want.



BE OPTIMISTIC



**There is nothing that
drives optimism more than
passion with a purpose.
Find your purpose.**

“Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence”.

Hellen Keller

All of our feelings, beliefs and knowledge are based on our internal thoughts, both conscious and subconscious. We are in control, whether we know it or not. We can be positive or negative, enthusiastic or dull, active or passive. The biggest difference between people is their attitudes. Our present attitudes are habits built from the feedback of parents, friends, society and self, that forms our self-image and our world-image.

The Power of Optimism

Seeing the positive side of difficult circumstances gives optimists the courage and ability to carry on and try again. They can learn from their mistakes and are able to apply that knowledge at a later stage. Pessimists, on the other hand, tend either to avoid similar situations in the future, or repeat the same fatalistic errors. Optimists focus on what they have achieved rather than on what might have been.

Being optimistic is much more than just repeating a few positive words, or telling yourself that everything is going to be all right. It has to be your predominant mental attitude. It is not enough to think positively for a

few moments, and then letting fears and lack of belief enter your mind. Some effort and inner work is necessary. Some of the advantages linked to positive optimism and thinking include:

- Less stress
- Better overall physical health
- Better overall emotional health
- Longer lifespan
- Better coping skills

Traits of Optimistic People

- Optimists excel significantly more than pessimists in everything from academics to sports to sales.
- They are less likely to suffer from depression than are pessimists.
- People with positive thinking are more resistant to infectious illness and better at fending off chronic diseases than are pessimists.
- They are better able to bounce back from setbacks.
- Optimists do not get discouraged easily. When they fail, they see it as a learning experience rather than the end of the world.

How To Boost Your Optimism

Commitment

Make a positive commitment to yourself, to learning, work, family, friends, nature, and other worthwhile causes. Praise yourself and others. Dream of success. Be enthusiastic.

Live in the Present

Always stay in the present. Accepting this approach in life is the toughest task but once achieved it will transform your entire life. When you are busy with the present day activities you tend to lose focus of the unpleasant events that worry you and also the uncertain future that leaves you in confusion. Live in the present, forgetting the past and accepting the future as it comes.

Control

Keep your mind focused on important things. Set goals and priorities for what you think and do. Visualize practicing your actions. Develop a strategy for dealing with problems. Learn to relax and enjoy successes.

Be Self-Confident

Have faith in your credentials, abilities, and capabilities. Self-confidence is one factor that improves your outlook towards life and helps you cultivate a positive attitude. When you are confident about yourself, you are sure that nothing wrong will ever happen and you live to this belief happily.

Face Fears Bravely

Be courageous. Change and improve each day. Do your best and do not look back. See learning and change as opportunities. Try new things. Consider several options. Meet new people. Ask lots of questions and be positive.

Accept Both Sides of Life

Accept both the sides of life, good and bad. Accept that life is a mixture of happiness, sorrows, successes, failures, and disappointments. Live with the good and fight the bad with enduring strength deep within you that helps you to recover and develop resilience. Whenever you come across any problem in life, just tell yourself that all what happens has a definite reason. So, be hopeful that the future has something better in store.

Use Positive Words

You can use two types of words: upsetting and upbeat. Pessimists relish using upsetting words, while optimists excel at using upbeat words. Examples:-

Upsetting words

- Problem
- Tired
- Depressed

Upbeat words

- Opportunity
- Recharging
- Bumming

For example, a pessimist says, “I have a problem.” In contrast, an optimist would say, “I have an opportunity to do better next time!” Always use only positive words while thinking and while talking. Use words such as, 'I can', 'I am able', 'it is possible', 'it can be done', etc.

Allow Positive Feelings and Avoid Negative Emotions

Allow into your awareness only feelings of happiness, strength and success. Always treat failures as stepping