



## 9 TIPS TO LEADING A MORE POSITIVE LIFE

Keeping positive in a negative world can be a challenge. Others may be complaining about the weather, the traffic, price increases, the government. It's easy to pick up on the negativity and the doom and gloom they want to spread, but the other side of the coin, is being positive and a success!

It takes between 21 and 28 days to change a habit, and as you alter each one, another habit will become clear that needs to be worked on. Our success is based on stepping stones of progress and unlikely to happen overnight – just like when a movie star says, "It's taken my fifteen years to become an overnight success." Successful people in all fields took untold hours – and often many years – to get to where they are today. And it's the same with our life. Sustained practice leads to improvement. Here's a few tips that may prove helpful. Print them out then put up where you can see them often: on your office notice board, on the fridge at home, on your desk.

### 1. turn off the television

Negativity is rife in life. It's in the media, magazines, people, all around you. If you want to be positive you need to rid yourself of negativity.

### 2. be results-oriented

You need to have a goal, dream or desire that you're working towards. Maybe it's money in the bank, increased cash flow in your business, a holiday or new car, or ten new clients. As the saying in the Wizard of Oz goes: *If you don't know where you're going, any road will take you there.*

### 3. overcome fear

Fear is 'False Evidence Appearing Real'. Imagine not attempting to walk when you were young; you wouldn't want to live without it now. But you didn't give up – you tried, and then tried some more, and over time you succeeded. Take small steps to overcome your fear, and keep taking them!

There's an excellent book, "Feel the fear and do it anyway" by Susan Jeffers that you might like to buy or pick up from your local library, which explains fear, and provides advice and practical steps to take. If your fear feels insurmountable, it might pay to seek professional support.

### 4. improve your attitude

It's true; you can only think one thought at a time, so you might as well make it a positive one.

### 5. gain confidence

Walk tall, stand straight, wear your best clothes, use eye contact (if culturally appropriate). Smile! If you feel uncomfortable, "fake it until you make it." You might have butterflies in your stomach, but no one else can see them.

### 6. improve your communication

Learn about confident communication, attend an assertive communication course, join Toastmasters to learn how to improve your communication and at the same time gain confidence.



## 7. become interactive

Just do it! Make appointments and approach new clients, put yourself in places that enable you to meet new people, join social clubs. Connect with others to add a richness and depth to your life.

## 8. 'do' victory

With every small success reward yourself with something you enjoy. After ten sales calls, have a coffee; after completing a task well, find a way of patting yourself on your back. Acknowledge that you've achieved something and encourage yourself to keep moving forward.

## 9. get enthusiastic

Find the 'it's great to be alive' feeling. Discover your passions; experience and enjoy them. Smell the roses, look after your health, eat well, and find the vitality in life from within.

We've all got it, but it's up to us to uncover it. Everyone has free will, the choice is yours!

*Adapted from an article by Janice Davies*