

10 Habits to Maintain a Positive Mindset

A guide to wellbeing

What you look for
is what you find.
It's all about perspective.

The Value of Positivity

We all want to feel joy and happiness. But positivity isn't some fluffy goal about feeling good in the here and now. Researchers in the field of positive psychology are demonstrating that positive thinking can add lasting value in your life.

A positive outlook impacts your health, your work, and your relationships. Developing a positive outlook can help you learn and achieve more and find more meaning in life.

Broaden and Build

Barbara Fredrickson, an influential researcher in the field of positive psychology, describes this phenomenon as the “broaden and build” theory of positive emotions. Positivity expands our capacity to see new possibilities. It opens us up to new experiences which help us gain new skills. Positivity broadens the scope of what we notice, what we look for, and what we expect.

The more we learn to focus on what's good, the more receptive we become to other good things in life. And that, in turn, makes us more healthy, resilient people. The science shows that having a positive outlook helps us bounce back quicker from adversity. When we're positive, we're more creative and we do a better job at integrating complex information. We try more, and therefore achieve more, because we have greater confidence in our ability to reach our goals.

Essentially, positivity can be the first step in an upward spiral of wellbeing.

Positivity, With Practice

Research also shows that positivity can be developed. Think of it like a skill. Like any talent, you get better with practice.

This eBook is one way to start. It contains 10 simple tricks—short hacks—that you can use to shift your perspective and develop a more positive mindset.

#1

Daily Intentions

Take a minute every morning to ask yourself how you want to feel and be today. A morning intention sets the tone for your day. By setting an intention, we focus our energy and give ourselves a guide to help steer our actions.

Each morning, think about what you need to accomplish, where you want to excel, or the energy you want to project to others.

Some daily intentions you might use: *Be healthy. Feel strong. Listen more. Speak from the heart. Play. Take care of me. Do less. Feel confident. Be loving. Write. Rest. Be social. Let go. Try something new. Feel like a rock star!*

Ask yourself: What do I need today? What do others need that I can give today? Set your intentions carefully and then try to use those intentions to guide your day. Sometimes chaos and surprises will interfere, and that's okay. Give yourself permission to accept diversions and be enough.



#2

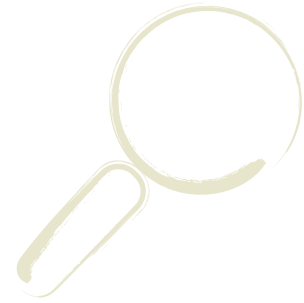
One Word

Instead of making a long list of resolutions, choose one word instead. Discover the one-word movement at sites like **OneWord365** and **MyOneWord**. These communities encourage you to choose just one word and center your energy around that single idea. It's a tool you can use to live purposefully throughout the year. Keep your intention top of mind by having your one word printed on a poster, journal, or coffee mug to keep at your desk or nightstand.

#3

Everyday Beauty Scavenger Hunt

On your lunch hour, your commute, or waiting to pick up your kids, look around to find five beautiful things. You'll see your surroundings with new eyes, from a place of positive intention.



#4

Self Talk

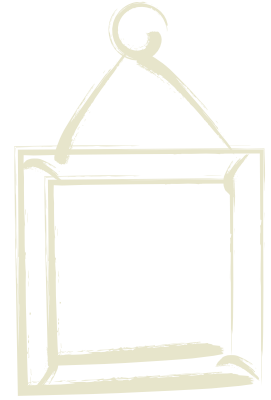
Use positive affirmations. We often sabotage ourselves by self-swearing. Speaking from a negative perspective can increase stress and cause depression. Affirmations strengthen us by helping us believe our potential to achieve any goal.

Here are some affirmations to try:

- I feel healthy and strong today.
- I have all that I need to make this a great day of my life.
- I am in charge of how I feel and today I am choosing happiness.
- I deserve love.
- My dreams are possible.
- I'm stronger than my negative thoughts.
- I have the knowledge to make smart decisions for myself today.
- I feel powerful, capable, and confident.
- Good things are going to happen.
- I live in abundance.
- I aspire to be a giver: a giver of love, a giver of good vibes and a giver of strength.
- I breathe in confidence and breathe out all fear.
- I am loved, loving, and lovable.
- I can, and I will.

#5

Stress, Reframed



The next time you're feeling stressed and overwhelmed, stop for a moment and connect that stress to your values. Are you stressed by commitments at your children's school? By caring for your parents? By a challenging work opportunity? Recognize the link between your stressor and the things you care about.

Stress is a signal that something matters to you. Reflect on the source of the stress or the outcome you'll gain by persevering through a stressful situation. Good things don't always come easily.

When you can see stress as a path to growth, your body responds in a positive way. The latest science on stress shows that moderate amounts of stress actually boost brain power and memory. People who feel confident they can manage high-stress situations may even benefit from stronger immune systems.

So, when you find yourself in a stressful situation, stop and celebrate: "I'm stressed. This matters to me! I can do this! I'm growing!"

#6

Power Pose

In her groundbreaking research, Amy Cuddy proved that by standing in certain poses, people will perceive you as more powerful. Here's how you do it: Stand up, spread your legs about two feet apart, and put your hands on your hips. Stand there for two minutes and you're done.

Bonus: There are other power poses. [Watch Amy Cuddy's popular TED talk](#) to learn more.

#7

Meaning in Work

Tune in to why you work and be mindful of the expectations you connect with your job. Identify whether you think of work as a job, a career, or a calling.

Job orientation: You work for the paycheck and to support your life outside of work. You might find value in self-reliance and connecting your job to what it allows you to do in your off-hours.

Career orientation: You are motivated by success and forward momentum. You identify with your job and may appreciate a certain level of prestige it brings you. You might find meaning in a job well done.

Calling orientation: For you, the meaning is in the doing. Your work is integral to your life and your identity. You may even view your work as a form of self-expression.

Bonus: Learn more by exploring the work of [Dr. Amy Wrzesniewski](#), professor of organizational behavior at Yale University.

#8

What Went Well

Keep a gratitude journal. It doesn't take a fancy notebook, just a simple record of the things you're grateful for. Think of it as "What Went Well Today." Reflect on the day and write down three positive moments. A smile from a stranger, a successful dinner recipe, a smooth commute—it doesn't matter how big or small.

Get extra benefit by tracking your gratitude right before bed and go to sleep thinking about the uplifting, good things in your life.

#9

Best Day Mindset

No matter what endeavor you take on, you're always going to have ups and down. So, whether you're having a bad day at work, an argument at home, or you feel like you're letting your kids down—stop and reflect. Try to remember what it felt like at the beginning, on the first day, when you were proud and excited to take on this new challenge. Think about the joy and the anticipation. Good things don't always come easy. When you're able to reflect on the positive side of a challenge, you'll have an easier time summoning the energy and emotional resources you need to survive and thrive.

Bonus: Help yourself harness those “first day” feelings. Keep photos, acceptance letters, and other reminders nearby, so you can revisit them when the inevitable hurdles hit.

#10

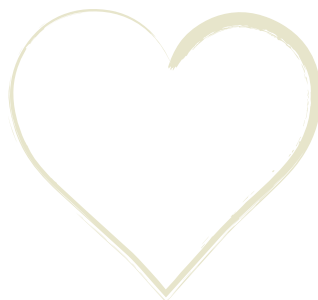
Metta-Tation

Metta meditation, also called loving-kindness meditation, involves directing well-wishes out to other people. Start your practice by sending kind thoughts to yourself. Traditionally, it goes something like this:

May I be happy. May I be strong. May I feel peaceful and at ease.

Once you've spent a few moments investing good thoughts in yourself, direct these same wishes outward toward a friend or family member. Finally, direct them toward someone you dislike or someone you're struggling to deal with. With practice, you'll develop greater patience for your own limitations and others'.

Bonus: Learn more at Sharon Salzberg's website, sharonsalzberg.com. Read her book ***Loving-Kindness: The Revolutionary Art of Happiness***.



If you liked these tips, check out how we deliver practical, easy-to-digest, life-changing skills through workshops, our App, and weekend Be Camps at

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Start an upward spiral.
Learn simple tools to approach each day with positivity.