



9 Step Positive Mindset Guide

Create a happier and more positive life

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Are you a glass-half-empty or half-full kind of person?

Both types of mindset can impact your physical and mental health. A **positive mind** is powerful, and with the right attitude, you can achieve a lot in your life.

Live life from the inside out, not the other way around. That means you can control what happens to you by maintaining the right mind. Of course, it doesn't mean everything will always go how you want it, but you can confront it more easily by being positive.

Now that you know what developing a positive mindset can do, let's look at some daily steps to help you pursue a happy mind.

Step 1: Surround Yourself With Positive People

Being positive or negative is very contagious.

A positive person can light up a whole room and fill it with energy and good vibes. Surrounding yourself with positive people can improve your self-esteem and increase your chances of reaching your goals.

Being around positivity will lift you and help you see the bright side of the most challenging things.



Step 2: Exercise

Exercising increases endorphins, dopamine, adrenaline, and endocannabinoid.

These are all brain chemicals associated with feeling confident, happy, capable, and less anxious and stressed.

So, try to fit in a little daily exercise.



Step 3: Eat Fresh food

Ultra-processed food can sabotage your happiness and mood. Specifically, overeating sugar long-term can affect your health, including the risk of depression and anxiety.

On the other hand, you can feel energized and focused by eating a meal of fresh ingredient foods, such as legumes with vegetables.

So, think about what you eat to impact your mood in the best possible way.



Step 4: Focus On *"The bright side of things"*

Challenging situations are a part of life, so when faced with one, focus on the good thing. No matter how small it might seem at first. If you look hard enough, you can always find the silver lining in every cloud.

For example, if your friend cancels that trip to the cinema, focus on how it frees up time for you to catch up on other things or activities you enjoy.

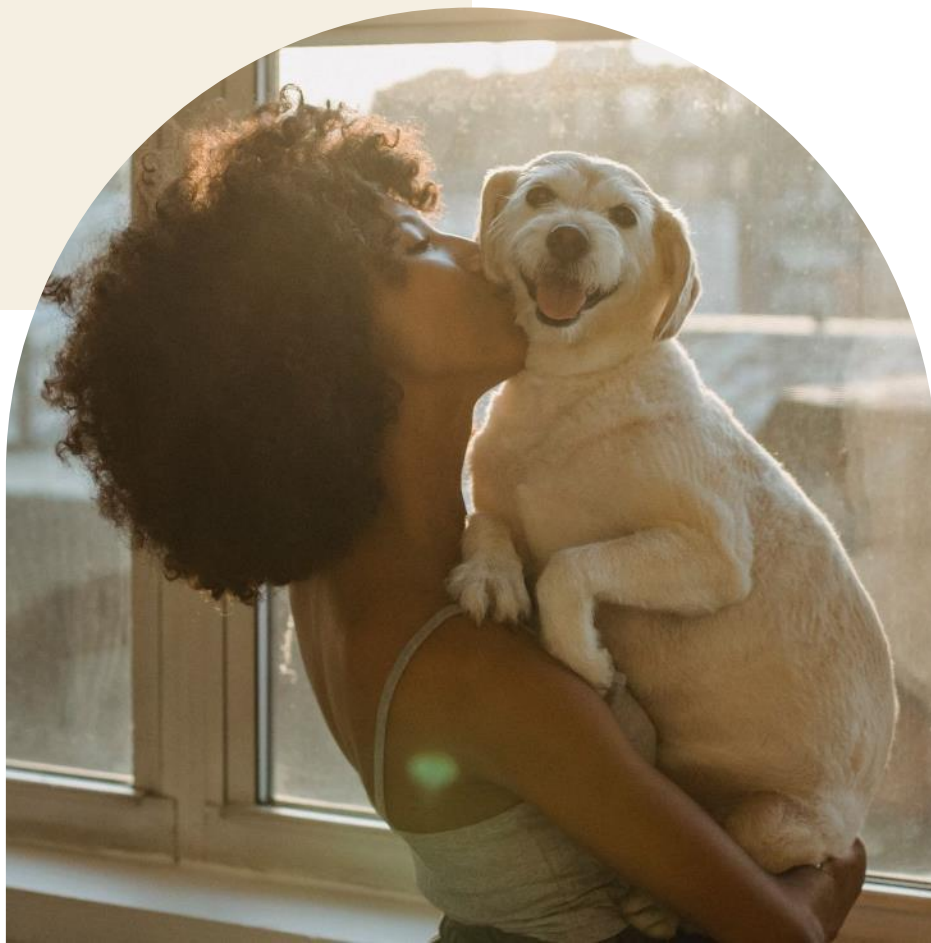


Step 5: Practice Gratitude

Think of loved ones, moments, or things that bring you comfort or happiness, and try to express gratitude to others at least once a day.

Practicing gratitude can help reduce stress, improve self-esteem, and foster resilience even during difficult times.

For example, say "**thank you**" to a coworker for their help, a family member for being there for you, or your pet for the unconditional love — everything counts.



Step 6: Open Yourself Up To Humor And Laugh

Allow yourself to laugh and be open to humor, especially in difficult situations. That will immediately lighten the mood and make things seem less complicated.



Step 7: Start Your Day With A Small Happy Ritual

Muster an uplifting and positive ritual you can easily do every day, preferably just after waking up.

For example:

- Listen to a happy song or playlist
- Give yourself a compliment
- Do something nice for someone else



Step 8: Meditate

Try boosting positive feelings by meditating.

When a negative thought begins to arise, you'll be able to let go, and with time you can train your brain to engage in ideas that feel good instead.



Step 9:

Reframe Your Thoughts

If you find yourself stuck with a negative thought, try the following:

Write down negative thoughts and start asking yourself questions about them.

- Is the thought fact or more of an opinion?
- How will you feel about it tomorrow or in a week?
- What would you tell a close friend if they had that feeling?

Then come up with an alternative statement that shifts your thoughts more positively. For example, instead of thinking, *"I'm a failure because I made a mistake,"* believe that you learned a good lesson that will help you grow and improve.





Takeaway

Positive thinking is not a magic silver bullet; it won't make all your problems disappear. But it can push issues to appear more manageable and easier to approach.

Studies have shown that people who are optimistic and with a general positivity have a significantly lower risk of dying from heart disease, stroke, cancer, infection, and respiratory diseases.

Apart from this, positive thinking is proven to benefit you in the following:

- Better quality of life
- Higher energy levels
- Better psychological and physical health
- Faster recovery from injury and illness
- Fewer colds
- Lower rates of depression
- Better stress management and coping skills
- And a longer life span

"Instead of worrying about what you cannot control, shift your energy to what you can create."

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