

Positivity

Positivity means thinking in an optimistic way, looking for solutions, expecting good results and success, and focusing and making life happier. It is a happy and worry-free state of mind, which looks at the bright side of life. Positivity means a positive frame of mind.

The **emotions** associated with positivity are joy, love and inspiration. A person possessing this state of mind chooses constructive and good feelings and emotions, and tries to avoid the negative and unhappy feelings.

The **thoughts** associated with positivity are thoughts of courage, self-esteem and certainty, and thoughts of success, courage and self-esteem.

Being positive does not mean ignoring difficulties and bad experiences. It means acknowledging them, learning from them, doing better, and using the knowledge gained to improve.

How to Increase Positivity in Your Life

You need to make efforts to increase positivity in your life, in order to counteract negativity. A little more optimism, love, and happy thoughts, would help you in this respect. Do something useful each day, to improve your life and the lives of other people. All this, will contribute to a steady growth of positivity in your life.

The **Positive Traits** worksheet resource is a list of 58 positive traits. Circling your own positive traits will help you to build self-esteem. Why not share a story about some times you have displayed these traits, or just keep the list as a reminder of your positive qualities.

Journaling can have positive effects on mood. The **Positive Journal** worksheet will give you an opportunity to look back at your day, and spend a few moments writing about what made you happy.

Each day, write three brief entries, as short as one sentence each, describing something positive that happened. Your entries do not have to be ground breaking; they might be as simple as having a good dinner, or going for a relaxing walk.

Resources:

Positive Traits Worksheet

Positive Journal

My Positive Thought Bubble

My own Brain Bubble

Positive Thinking Articles to Empower You

<https://www.successconsciousness.com/blog/positive-attitude/positive-thinking-articles/>

The Power of Positivity for Children

<https://educationlearningtoys.com/knowledge-base/the-power-of-positivity-for-children/>