



Maintaining a good attitude, even when faced with difficulty.

It's easy to have a good attitude when everything is going well. The real attitude test comes when things are falling apart or when you must do the same thing day after day. A positive person keeps the "big picture" in mind. Smile a little, encourage someone else, be grateful for the new day, write a thank you note, or put extra effort into your work. Before long, your outward actions might influence how you feel – and you can brighten the day for others in the process.

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." – Thich Nhat Hanh



What is Positivity?

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even when faced with difficulty*

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BY STRATA LEADERSHIP

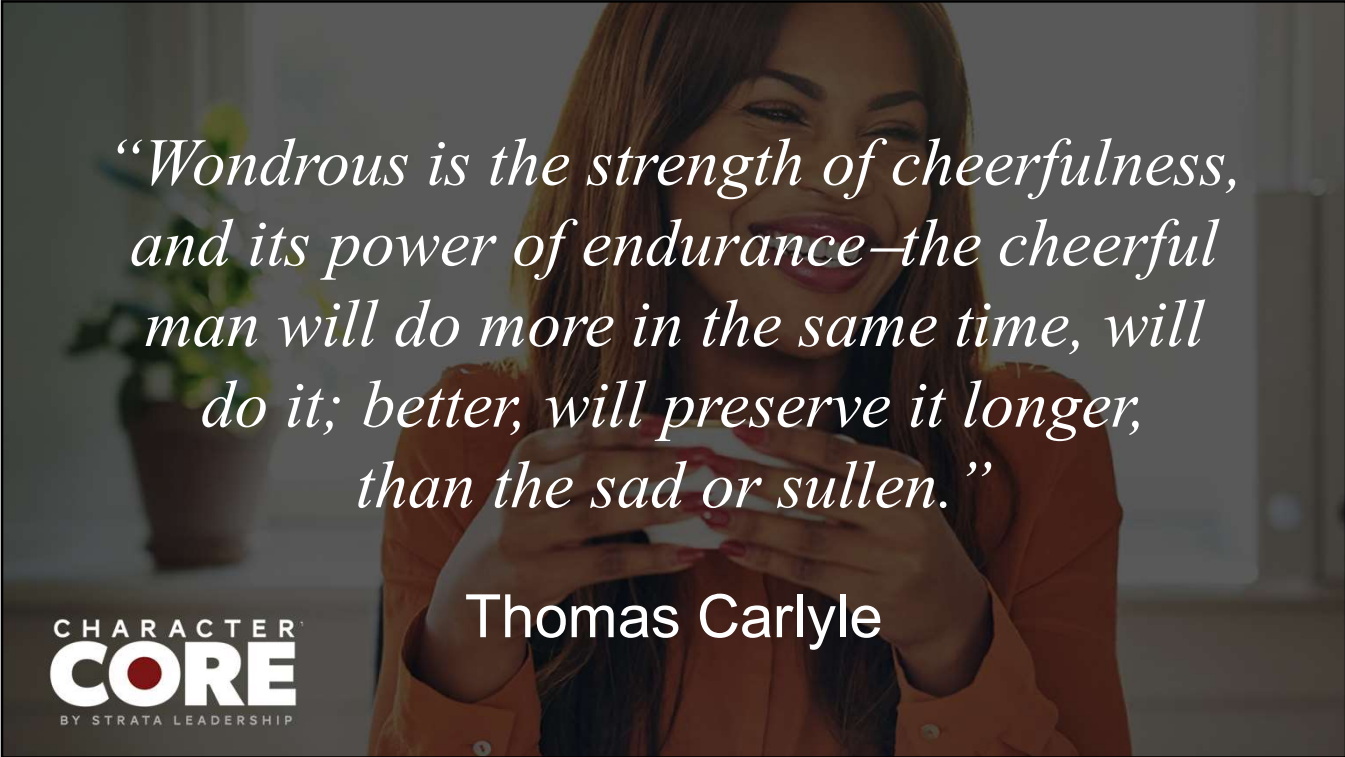
It's not always easy to keep a positive attitude at work. Most of us experience a great deal of stress before we even arrive on the job. The key to overcoming difficulty is to intentionally focus on the positive. The higher the level of optimism a person has, the more receptive this person is to recognizing the good in life. You really can *decide* to be positive.

“Joy is what happens to us when we allow ourselves to recognize how good things really are.” – Marianne Williamson

Opposite: negativity, bad attitude, sour disposition

Related Concepts: happiness, joy, positive attitude, gratitude, thankfulness, pleasant

Summary: a good attitude.



“Wondrous is the strength of cheerfulness, and its power of endurance—the cheerful man will do more in the same time, will do it; better, will preserve it longer, than the sad or sullen.”

Thomas Carlyle

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Thomas Carlyle (December 4, 1795 – February 5, 1881). Thomas Carlyle was a Scottish philosopher, writer, historian, and teacher. Known for his writings on heroes and his depiction of history as the stories of “great men.” In the field of mathematics he also developed the “Carlyle circle,” a method used when solving quadratic equations (Wikipedia).

Other Positivity Quotes:

“Once you replace negative thoughts with positive ones, you’ll start having positive results.” – Willie Nelson

“Your smile will give you a positive countenance that will make people feel comfortable around you.” – Les Brown

“Keep your face to the sunshine and you cannot see a shadow.” – Helen Keller

“Believe that life is worth living and your belief will help create the fact.” – William James

“Adopting the right attitude can convert a negative stress into a positive one.” – Hans Selye

“In order to carry a positive action we must develop here a positive vision.” – Dalai Lama

“Work hard, stay positive, and get up early. It’s the best part of the day.” – George Allen, Sr.

“Positive anything is better than negative nothing.” – Elbert Hubbard

“Successful people maintain a positive focus in life no matter what is going on around them. They stay focused on their past successes rather than their past failures, and on the next action steps they need to take to get them closer to the fulfillment of their goals rather than all the other distractions that life presents to them.” – Jack Canfield

“No matter what you’re going through, there’s a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you’ll find the positive side of things.” – Demi Lovato

“Your attitude is like a box of crayons that color your world. Constantly color your picture gray, and your picture will always be bleak. Try adding some bright colors to the picture by including humor, and your picture begins to lighten up.” – Allen Klein

“When you do things from your soul, you feel a river moving in you, a joy.” – Rumi

“Think like a proton and stay positive.” – Unknown

“I don’t think of all the misery, but of the beauty that still remains.” – Anne Frank, *The Diary of a Young Girl*

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“...To get the full value of a joy, you must have somebody to divide it with.” – Mark Twain

“A thing of beauty is a joy forever.” – John Keats, *Endymion: A Poetic Romance*

“Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place.” – Rumi

“Joy is what happens to us when we allow ourselves to recognize how good things really are.” – Marianne Williamson

“One can never consent to creep when one feels an impulse to soar.” – Helen Keller, *The Story of My Life*

“Joy is to fun what the deep sea is to a puddle. It’s a feeling inside that can hardly be contained.” – Terry Pratchett, *A Hat Full of Sky*

“Happiness is part of who we are. Joy is the feeling.” – Tony DeLiso, *Legacy: The Power Within*

“A joyful heart is the normal result of a heart burning with love. She gives most who gives with joy.” – Mother Teresa, *In the Heart of the World: Thoughts, Stories, and Prayers*

“There is not one little blade of grass, there is no color in this world that is not intended to make men rejoice.” – John Calvin

“We could all do with a bit more joy in our lives, couldn’t we? The wonderful thing is that when we start spreading joy, we begin to actually experience more joy in our lives too!” – Steve Goodier

“When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.” – Shannon L. Alder

“Joy is strength.” – Mother Teresa

“Joy blooms where minds and hearts are open.” – Jonathan Lockwood Huie

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” – Maya Angelou

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” – Dalai Lama

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia



1. Look at the Bright Side

Recognize and appreciate
the good things in life.

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Instead of looking at the glass as half-empty, recognize and appreciate the good things in life. You can usually find something positive when you look for it.



2. Encourage Others

Let others know you appreciate them.

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One way to spread good cheer is to let others know you appreciate them. Try to give sincere and specific feedback for what the person did instead of vague or generic praise.



3. Make Your Life Count

When you know you are making a difference, it is easier to maintain a positive attitude.

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It is easier to maintain a good attitude through difficulty when you know your life will count for something – when you know you are making a difference.

Discussion Starters

1. What are some positive things you remind yourself of when you are feeling down?
2. What are some things others have said to you that make you feel positive?
3. What are some ways you can encourage others?

Additional Positivity Discussion Starters:

How can encouraging someone else help build a better relationship?

How do you feel when someone takes the time to notice you and encourage you?

What are some practical ways you can get involved with others?

What does it mean to “make your life count”?

When you make a conscious effort to look on the bright side, how does it affect your mood?

How does being in a good state of mind make you feel physically?

Why do you think positive people are able to look past temporary disappointments and grasp the bigger picture?

How does a workplace culture of positivity help production? How does it help morale?

How can you ensure your encouragement of others is sincere?

Why does knowing you are making a difference help your attitude, even when you are faced with difficulty?

Do you know someone who is always negative? How do you feel when you are around them? How do you feel when you are surrounded by positive people?

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