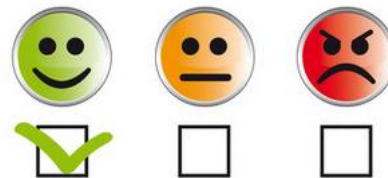


Why being positive helps you

Did you know that being positive in the workplace actually helps you? The reverse is also true - being negative harms you.

The Golden Rule (treat others the way you wish to be treated), Karma, and “What goes around, comes around” are all real.



Being positive – not only helps you – it helps your workmates.

What you can do

1. Start by being aware and realizing the impact of positivity on yourself and others.

Recognize that being positive helps those around you. Conversely, negativity hurts you and others. Being negative can start innocently – a small complaint with a colleague – and soon you are feeding off of each other and end up in a veritable feeding frenzy of negative energy.

Guess what? You actually just hurt yourself and your colleague.

2. You have a choice.

Recognize that you have a choice. You really do. Choose not to listen to or to join in conversations that diminish and criticize others. Language matters. What we say has an impact. If you are negative, it not only harms the person being talked about and the person you're speaking with, but it also hurts you.

3. You probably can't control the situation, but.....

Things might go wrong and you might be unhappy – so while you might not have control over all the outcomes, you can control how you choose to react.

4. Collect positive colleagues. You are the average of the people with whom you relate.

Whether we like it or not, we are greatly influenced by those closest to us, who affect how we think and behave. Demonstrate positivity for others and surround yourself with positive, supportive people who want you to succeed. However, still be open to positive feedback!

5. Look for solutions - be constructive

Endless complaining perpetuates problems, wasting people's time and energy. Why not look for solutions? Positive discussions empower people and leave them a little better off.

6. Practice – start now

It's amazing what a few positive words can do. Practice being the person people enjoy being around because you will actually uplift them. If people are complaining, try: "This doesn't work for me." or "Anything positive to report?" It's nonjudgmental. Sometimes people might not realize they are being negative. Point it out gently; if you say nothing, your silence conveys permission to continue.

Fact: Positive thinking makes you healthier and happier.

“The pessimist sees the difficulty in every opportunity. “The optimist sees the opportunity in every difficulty”
Winston Churchill.