

8 Strategies to Live a More Positive Life



Eliminate Negativity

Think about the behaviors you and others are doing that negatively impact your everyday life. For one week, write down what the negative behavior was and one thing you can do (or stop doing) to prevent those negative behaviors in the future. Then, give it a try. See how eliminating those negative behaviors can impact your life.



Exercise

For two weeks, keep a log of your exercise routine and your mood/outlook of each day. Be sure to try different workouts to find what you like best whether you workout or not, take note of how you feel each day. Find the correlations between your workout and your mood to find what best suits your lifestyle.



Mindfulness

To practice mindfulness, sit still for 10 minutes. Focus on your breath. As thoughts come into your mind and distract you, acknowledge those thoughts and bring your attention back to your breath. The more you meditate, the easier it will get to keep your attention where you want it. Practice mindfulness for just 10 minutes a day for a week. Notice how you feel after each session and overall.



Gratitude

Each day for one week, write down three things you are grateful for. Anytime you have a negative thought, look at your list. Take note of how your mood changes when you focus on your blessings. Also, express your gratitude towards others. Think about someone who has recently made an impact on you. Call or send a note to that person and let them know how you feel. It will not only make your day, but theirs as well.



View Stress Differently

Think about what happens when you get nervous or stressed. Take note of how your body reacts and think about how these behaviors can be preparing your body to perform. How can you view stress differently in order to be more successful?



Body Language

When you're having a bad day or a negative thought, think about a special memory that brings you joy. Take note of how your mood changes. Also practice power posing. When you are feeling nervous about an upcoming meeting or presentation, hold a high power pose for just two minutes and see how it changes the way you view yourself and the situation at hand.



Discover Your Strengths

Write down your top strengths - things that energize you or things that other people would say about you (if you don't know, ask!). Then, think about how you use those strengths already, what areas of your life you use them, what areas of your life you could use them more, and other ways that you could use them. Every day over the next week, try to use these strengths in new ways or areas of your life.



Spread Happiness

Do one small act of kindness each day. It can be as simple as asking someone how their day is going, offering to help someone in need, or holding a door open for others. Take note of how you feel after each gesture as well as the impact it may have made for the other person. Post your story to Facebook using the hashtag #WCUPayItForward or email your story to orgdev@wcupa.edu.