

# 10 Ways to Improve Your Attitude

1. Work on relationships: They're our best source of happiness & biggest source of problems & frustrations. Develop good relationships & improve or end poor ones.
2. Develop routine activities: an early morning walk, exercise, meditation & quiet time, are effective in getting the day off to a positive start. It is easier to stay positive, by starting positive.
3. Monitor your mental state: Being aware of the cause of your negative mood makes it easier to return to the positive. If in a negative state, learn from it & then take action.
4. Create an energizing physical environment: Invest time & money to make your surroundings pleasing & energizing. Small items make a difference in how your space affects your moods. Lighting can provide a mood improvement. Mood improves by cleaning up the bedroom or dirty dishes, as clutter is de-energizing. A water fountain can create a feeling of energy & music can offset feelings of isolation.
5. Monitor your negative self-talk: This is a source of low moods, be alert to negative messages. Focus on getting a truthful message, then shifting out of self-defeating criticism. We are usually our own worst critic. Refrain from making judgments ~ instead think positively.
6. Deal with problems effectively: Problems are a part of life & we can learn from them.
  - a. Ask yourself:
  - b. What am I contributing to this problem?
  - c. What life lesson am I missing here?
  - d. What is the worst that can happen & how can I improve on that?
  - e. What am I doing right?
  - f. What am I going to do differently?
7. Attract what you need: Time & energy is best spent pursuing desirable goals. Ask others for what you need. On Monday make a list of goals for the week.
8. Be a positive energy source: Negative energy attracts negative results. Keep your own mood positive & suppress negative behavior in others. Pay it forward. For every kind deed offered to you, do a kind deed for someone else.
9. Avoid using negative energy as an energy source: Negative people create busyness, use deadlines, crises & problems to keep them going. Serious burnout is the eventual result of becoming dependent on negative energy.
10. Ease up on the internal life commentary. If you want to be happy, stop telling yourself you're miserable.