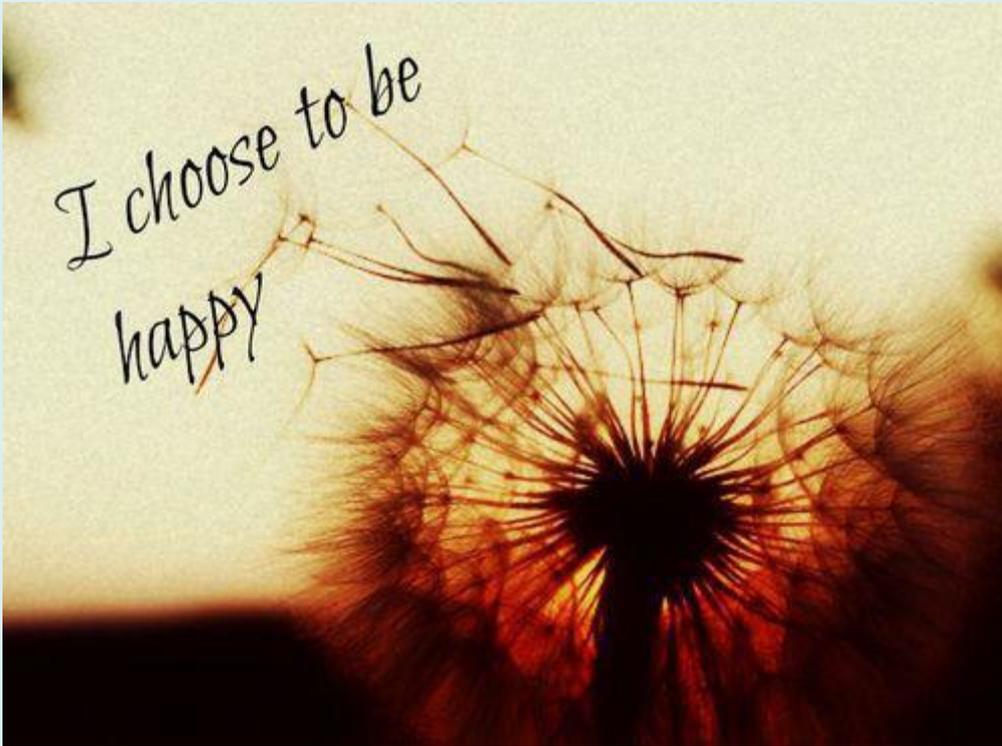


I Choose....



I once read a book about choosing your attitude. Easier said than done I thought! Didn't they know that attitude was swayed by things that happened to us in our daily lives?

But the book had planted a seed. I tried it. I was more aware of my attitude and took measures to make it more positive.

I remembered a conversation I had with an old work colleague about staying happy. When the bad stuff happened, her words were, "Just don't buy into it."

Great advice as it turns out! But it isn't that easy...

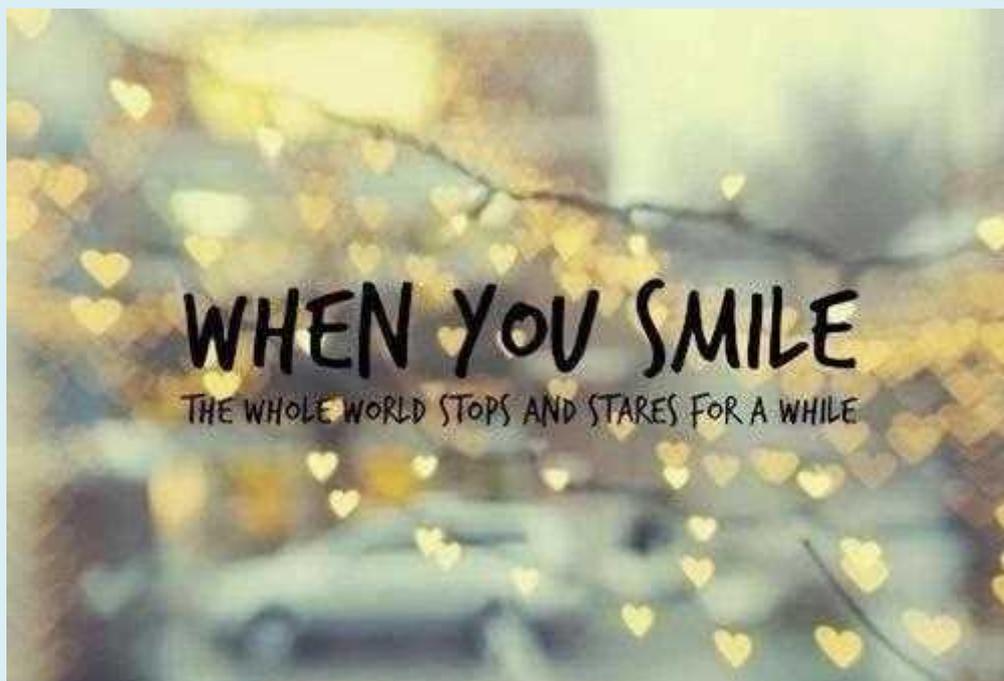
How does one start to develop a more positive attitude and enjoy all the benefits that come with it?



When starting to choose your attitude set your intention to focus on being more positive and happy each day. Be determined! Remind yourself of your resolve throughout the day and try not to sweat the small stuff.

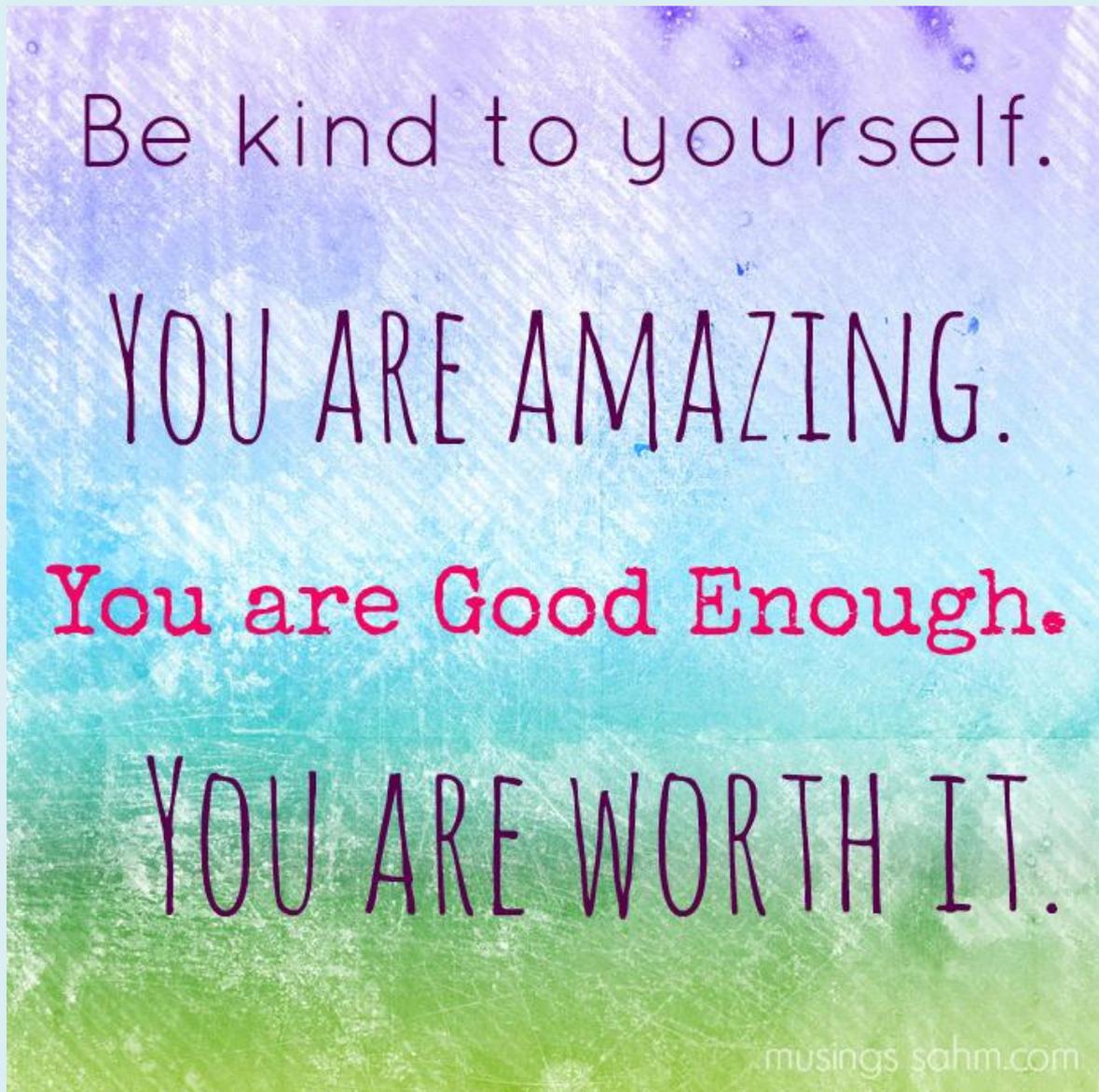
Think about how you will make it happen. Will you smile more often? Will you try to speak positive words? Will you meditate to create calm? Will you eat more healthy foods to foster better positive-mood biochemistry?

(You might be surprised at how much your diet can affect your mental outlook. For some delicious recipes that may help click [here](#)).



Practice Self-Compassion. Be kind to yourself in the face of failure. When you are disappointed in yourself for not being your best, then be kind to yourself and acknowledge the circumstances that have led you to feel this way. Practicing self-

compassion will make you more resilient to life's challenges and help you to bounce back after failures and disappointments.



Practice Gratitude. You will wonder at how much there is to be thankful for and life suddenly seems rosier! When you are feeling grateful, you feel more elated. It's hard to be grumpy when you are noticing all the privileges and blessings in your life!

And you know one of the things that you might come to love the most about choosing a positive attitude? Those around you become accustomed to your positivity, your sense of humour, your uplifting attitude or your sense of calm. And they mirror it back to you! So when you are feeling down and blue their positivity acts like a ray of sunshine and *they help you to...*



And when this happens, it's one more thing to be grateful for!

Wishing you a purely positive day,

Eve Nguyen

BHSc, Naturopath

Author of Create Calm at Work, Create Calm in Life