

POsitive thinking activities

- One way to become more comfortable overcoming obstacles is to have a positive mind set.
- While this can be difficult to achieve there are several activities you can do to improve the way you think...

# Record Keeping

- Changing your mindset involves learning how to express your feelings.
- One easy way to do this is by keeping a record of these feelings.
- This can be done by writing your thoughts and feelings into a journal, either online or off.

# Dancing & Singing

- Dancing and singing are fun to do, no matter if you have a talent for them or not
- Both are a great way to cheer up and rid yourself of negative feelings
- If you don't want to dance or sing, listen to uplifting music instead.

# Exercise

- It has been shown that exercise helps to increase your endorphins.
- It also allows you to feel refreshed and more energized.
- Try a walk tomorrow and see how you feel to start your day.

# Talking to a good friend

- A friendly chat with someone can help you put things into perspective and make you understand that things aren't necessarily as bad as you think.

# COncclusion

Staying positive is not always simple. By incorporating these positive thinking activities into your life, you will naturally form a habit of positive thinking.