

## Tips for Becoming More Positive and Hopeful

- Remember that you can think whatever you want to think. You choose your attitude. It's up to you to choose happiness and a positive and hopeful attitude.
- Choose your friends wisely. It's difficult to be positive and hopeful if you hang around deadbeats and whiners.
- Stop taking people who bug you so seriously. It's okay to let things go in one ear and out the other.
- Smile a lot. If smiling doesn't come easily, practice it. A funny thing happens when you smile -- people smile back.
- Give everybody in your family at least one extra hug each day that they are not expecting. Do this no matter what is going on at home. The more you hug, the easier it gets, and you will really enjoy the pleasure it brings.
- Look for extra opportunities to praise others.
- Read the comics and find something to laugh or smile about.
- Even when you are really, really busy or tired, give yourself a few extra minutes to look your best.
- Reduce your stress by finding a few expenses you can give up in order to live more within your means.
- Find some pleasure in your failures and view failure as a necessary step on the road to success and happiness.
- Reframe and re-label negative situations so that you can change your perspective and find the good in bad times.
- Clean up your space and stay on top by not letting things pile up.
- Pay attention to the importance of a spiritual life and look for ways to share your faith with others, perhaps through common worship.
- Seek out people who are positive and hopeful.
- You won't change anything by worrying about where you should be. Accept where you are now, and resolve to enjoy it.

