

# Live a Positive Life – A Need to Change Attitude

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**Abstract:** Life is a blessing. One should strive to make it worth living, which is possible when the attitude of a person changes towards life in a positive manner. A positive attitude is something that everybody strives for, but this is something one has to imbibe, it cannot be bought. Positive thinking leads to better learning, followed by success and happiness. It is a strategy to deal with problems and to move towards success. Everybody has a time when they do not have a positive attitude about themselves and their lives. Positive vibes can help to cope more easily with the daily affairs of life. It brings optimism in life, and makes it easier to avoid worries and negative thinking. It is truly said- "Nothing changes until you change, everything changes once you change". If one can adopt it as a way of life, it would bring productive changes in our lives which will be worth living. Positive attitude shows the bright side of life and expect the best to happen. Humans perceive their life according to the circumstances. Success creates positivity and failure creates negativity in the attitude of people towards life. But this is not the end of the world. If one would look to a shining side of life, then life will glitter. This paper highlights as to how the positive change in an attitude of a person can do wonders and make their life beautiful.

**Keywords:** Negative attitude, Optimism, Perception, Positive attitude, Success.

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## 1. INTRODUCTION

Attitude is one's own perception of doing things and living life. Everybody has their own outlook. Perception only judges whether the glass is half full or half empty. Attitude may be positive or negative. Positive thinking aims to help people be more aware of the power of their thoughts and moods and how to manage them in order to lead happier and more successful lives. People carrying positive attitude perceive the word impossible as 'I am possible'. Positive attitude says: You can achieve success. Developing a positive attitude leads to happiness, motivates for success and can change the whole life. Negative attitude says: you cannot achieve success. Things are impossible for people carrying negative attitude. When any negative event happens, people try to set their frame of mind that it will last forever. One should get rid of pre-judgemental, negative thoughts and behavior, and start leading a happier and more successful life by imbibing optimism.

Optimism comes from the Latin word *optimus*, meaning "best," which describes how an optimistic person is always looking for the best in any situation and expecting good things to happen. Optimism is the tendency to believe, expect or hope that things will turn out well. Even if something bad happens, like the loss of a job, an optimist sees the silver lining. Professor Martin Seligman - an American psychologist famous for his work on learned optimism. Seligman's work emphasizes happiness rather than success and he believes that optimism is one of the most important factors. What matters, he argues, is the way that people interpret what happens to them and how they think about a positive or negative event in their lives.

## 2. REVIEW OF LITERATURE

Scheier (1985) says, "We know why optimists do better than pessimists,". "Optimists are not simply being Pollyannas; they're problem solvers who try to improve the situation." Taylor and Brown (1988) point out that positive illusion,

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optimism, and the illusion of control are all traits possessed by mentally healthy individual. Ohannessian, Hesselbrock, Tennen, & Affleck, (1993) Optimism has also been investigated in health-related behaviors. In examining the risk of developing alcohol dependence, one study found that optimism protected against drinking problems in people with a family history of alcoholism. Aspin wall LG, Richter L,(2001) Optimists believe that positive events are more stable and frequent than negative ones. They think that they can avoid problems in daily life and prevent them from happening, and therefore they cope with stressful situations more successfully than pessimists.

### Negative Attitude VS Positive Thinking:

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|---------------------------|---------------------------------|
| • I'm a complete failure. | I will never loose hope.        |
| • I look ugly             | looks will not give me success. |
| • I am not talented       | I can give my best.             |
| • I am always scolded     | I learn from my mistakes        |

These are some examples of how negative emotions affect our thinking and how positive attitude adds strength to our life. Life can be worth living if one enjoys every moment of live fully with passion ,hard work ,positive emotions , overcoming challenges and rejections and excluding negative vibes from within. There is a need to change the thoughts as they affect our emotions. Good thoughts- best emotions, Bad thought- worst emotions .One has to decide their lookout towards life.

### Ways to Develop Positive Attitude:

- Live your life as if there is no life tomorrow .Find positivity in every circumstances of life.
- Love yourself completely and accept everything that you are.
- Choose to be optimistic to make life colourful.
- Stay cool and calm. Losing self control for the actions of others is not wisdom.
- Laughter is the best medicine. Smile as much as you can.
- Believe in yourself .Do your part well, don't think of the outcomes.
- Everybody face problems in life .Don't let these problems come in your way to happiness. Discussing the problems can lessen the burden of mind.
- Accept criticism. Take it as a move towards perfection.
- Company affects our attitude. If your friends or relatives have a negative attitude and negatively affects your attitude, then change the company and associate with positive people.
- Do what makes you happy and try to understand yourself more. In this way you will be able to easily make out as to what makes you upset and will be able to avoid the situations of tension and frustration.
- Learn to appreciate everything you have in your life. Your family, friends, career, home, food, car, etc., is enough to create a positive attitude. We must be thankful for everything we have and enjoy the good things in life.
- Life moves on and never remains the same, and so the bad times.
- Live in the present. The past cannot be changed and the future is uncertain. Live life fully.
- Never gossip. You will get nothing.
- Be your best all the time.

## 3. CONCLUSION

Optimism is a tendency to expect good things in the future. All of our feelings, beliefs and knowledge are based on our internal thoughts. Optimists live longer, have better functioning immune systems and cope better with difficult

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circumstances. We can choose to be positive or negative, enthusiastic or dull, active or passive. These choices influence our feelings and behavior, and they can also impact on our physical health. Positive thinkers visualize what they want to happen, not what they wish to avoid. If one has a clear vision, it will give energy for action. Positive thinking helps with stress management and can even improve your health. Everybody has keys to unlock their dark rooms, the only difference is that some people are self motivated and can easily unlock while some lack that positive attitude. One should look at the brighter side of every situation. A positive and open heart builds lives. It is necessary to have positive thinking and acquire positive nature. The thinking habit of people can make their life a heaven or hell.

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