

Be Positive!

Critical Concept:

Goal setting is a process of mapping out a route to what you want to achieve. We have to look at our current position on that map to understand the best way to get to where we want to be. Plus, we have to take a look at how we got to where we are – from a positive perspective. We can then build a positive future on the positives of our past!

<p>Food For Thought... Think about these questions over the next few days.</p>	<p>What are one or two things in your life that you accomplished that were difficult to achieve?</p> <p>What are a few important things that helped you achieve that success?</p> <p>What things in your life are you most grateful for?</p> <p>Why are those things important?</p>
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“It is through questions that we grow, develop and improve. Questions (and the search for the answers) shape our lives.” – *From the Book The Winning Mind Set by Kevin Seaman and Jim Brault.*

<p style="text-align: center;">Be Positive! How are you talking to other people and to yourself?</p>	<p>Use positive language, here are some tips...</p> <ul style="list-style-type: none"> • Substitute negative statements with positive ones. For example, ask people to remember something – rather than asking them not to forget. • Remind yourself and others what can be done – rather than what can't. For example, you might say, “We can go to the gym even though it's raining,” rather than, “We can't go for a walk today because it's raining.”
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For some of us, staying positive can be a challenge. That's okay. Luckily, positive attitudes are contagious! Use positive language when you talk with others. If someone asks a negative question – respond with a positive answer! When someone makes a negative statement – respond with a positive one. And, try to talk with more positive people!

<p style="text-align: center;">The Power of Positive Thought: Pass It On!</p>	<p>Try this experiment:</p> <ul style="list-style-type: none"> • When you see someone during your day don't ask him or her, “How are you doing?” • Instead ask, “What's good with you today?” • Note how many people respond positively compared to how many respond negatively.
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**“Some men see things as they are, and say, ‘Why?’
I dream of things that never were, and say, ‘Why not?’”
- George Bernard Shaw**