

"The Power of Positivity"

A Holland Home presentation

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Everyone is positive about the power of positivity. But how does one go about being positive in a world full of negativity, disappointment, despair, failure and so many other real and difficult challenges? Being positive doesn't mean being oblivious to the pressures of day-to-day living. Being positive is a realistic outlook that recognizes life is full of obstacles. But being positive also understands that how those obstacles are approached attitudinally makes a huge difference in facing and even overcoming the potentially negative impact they inherently bring.

Here are a number of tips that will help you develop a more positive attitude.

1. Stop complaining
2. Surround yourself with positive people
3. Be nice to others
4. Develop personal goals
5. Invest in others
6. Look long-term, not short-term
7. Take in less social media
8. Plan out your day
9. Get you heart pumping through exercise
10. Take time to relax