

## Your Positive Attitude Can Change The World Around You

Speaking of thought, let's listen to your thoughts first, now tell me - what thoughts fill your head? Would you label them as positive, or negative? Let's say you are walking down the street with these thoughts. Do you think anyone who is going to meet you would be able to tell you what is in your mind?

The answer is up to you, it can be pretty generic although people will not be able to tell you exactly what are you thinking, but they will more or less have an idea of how you are feeling. Here's another question - When you enter a party filled with friends, do they all fall silent as if something terrible had happened? Or does everybody there perk up as if waiting for something exciting to happen? You know what? The answer to all these questions is depends on your frame of mind. Thoughts are very powerful; they affect your general attitude. The attitude you carry reflects on your appearance too - unless, of course, you are a great actor. And it doesn't just end there, more than that; your attitude can also affect people around you. The type of attitude you carry depends on you. It can be either positive or negative. Positive thoughts have a filling effect. They are admittedly invigorating. Plus, people around the person who is carrying the positive thoughts are usually energized by this type of attitude. Negative thoughts on the other hand have a sapping effect on other people. Aside from making you look gloomy and sad, negative thoughts can turn a festive gathering into a funeral wake. So basically, a positive attitude attracts people, while a negative attitude repels them. If you pay attention to the around that you are in, you will see people tend to shy away from those who carry a negative attitude. In addition, attitude can also define as the way of looking at the world. If you choose to focus on the negative things in the world, more or less you will have a negative attitude brewing up. However, if you choose to focus on the positive things, you are more likely carry a positive attitude. Believe me - you will have much to gain from a very positive attitude compare with a negative one. Studies have shown that a positive attitude promotes people better health; it actually retards aging and makes you healthier, it helps you handle stress and problems better. Speaking of it, then how a positive attitude begins? A positive attitude begins with a healthy self-image. If you love the way you are and satisfied, confident, and self-assured with yourself, people that around you will feel the same way. A negative attitude, on the other hand, has an opposite effect. It has a twofold drawback, negative attitude make you feel bad about yourself, and in result, you will make others feel the same way. If you want to have a positive attitude, you have to have healthy thoughts first. However, this is probably very hard to do nowadays since we watch, read and listening those media that feeds us nothing but negative thoughts. A study shows that for every 14 things a parent says to his or her child, only one is positive. This is truly a saddening thought. So if you want to have a healthier outlook in life, you need to think and have happy thoughts, hanging out with people that have positive attitude, read good stuff, see a funny movie, play with children, spend sometime telling jokes with friends to stimulate your thoughts. Understand in the daily life, it is impossible to keep yourself from the negative things around you, but still, you can carry a positive attitude by focusing on the good things and the positive things in life. And the positive attitude that you have could help and bring the benefits to others. Example, sometime when other people feel down, all they need is somebody sits beside them, and listens to them. If you have a positive attitude you may be able to cheer them up without even having to say anything. You may wonder if positive attitude is really great, why people choose to have a negative attitude instead. Well, sometime one who carries a negative attitude may be actually sending a signal to others for seeking certain kind of attention. No matter of what, as always, if you are beset by troubles, even in your darkest hour, remember to focus on the good things in life, once you switched your thoughts and changed your attitude, you will find there always hopes there, problems and obstacles become something you can overcome easily. Since you don't have anything to lose by having a healthy, positive attitude, why don't starts adopt one today?

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