

Positive Attitude – A way to Happy Life

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ABSTRACT

A positive attitude leads to success and a happy life. It is certainly a state of mind that makes us see the bright side of life. We become optimistic and expect the best to happen. Choose to be happy and it is a matter of choice. When negative thoughts enter your mind, just refuse to look at them, doing your best to substitute them with happy thoughts. Basically environment, experience and education are the efforts that largely determine our attitude. A person with positive attitude and thinking is like a fruit of all seasons. He is always welcome.

There is no denying the fact that attitude matters a lot in our lives. This is very much true that human beings can alter their lives by altering their attitudes of mind.

'Attitude' is a very powerful word. It applies to every aspect of life; personal, social or professional. A teacher cannot be a good teacher without a good attitude Parents, executives, businessmen, employees cannot play good roles without a good attitude.

A positive attitude leads to success and happiness. It helps you cope more easily with the daily affairs of life. If you adopt it as a way of life, it would bring constructive changes into your life, thereby making it happier, brighter and more successful.

Positive attitude is certainly a state of mind that makes us see the bright side of life. We become optimistic, and expect the best to happen. A positive frame of mind can help us in many ways. We expect success and not failure. We feel inspired. Even if we face obstacles in our lives, it gives us the strength not to give up. We look at failure and problems as blessings in disguise. We feel confident and look for solutions, instead of dwelling on problems.

A positive attitude can change our life and can make it happier. We become habitual of taking decisions strongly with a positive thinking, which favours us. Our attitude affects our environment and the people around us. It produces energy and increases our faith in our abilities, and brings hope for a bright future. We become able to inspire and motivate ourselves and others. Life smiles at you.

So, choose to be happy. Yes, it is a matter of choice. When negative thoughts enter your mind, just refuse to look at them, doing your best to substitute them with happy thoughts. Choose to be optimistic. Have faith in yourself. Associate yourself with happy people. Visualize only that you want to happen, not what you don't want. Learn to master your thoughts.

If we analyse ourselves – a basic question arises – Are we born with attitudes or do we develop them as we mature? What are the factors that form our attitudes? Basically there are three factors that largely determine our attitude formation. These are environment, experience and education.

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Environment consists of many factors like home, school/college, work, media, political environment, social environment, traditions and beliefs, religious background and cultural background.

We go to a home and find parents and children well-behaved, courteous and considerate. We go to another home where everyone is fighting like cats and dogs. Take some time to evaluate how the environment that you are in affects you, and the one you create affects others.

Experience changes our behavior and attitude. If we have a positive experience with a person, our attitude to him is likely to be positive and vice-versa; education ought us to teach us not only how to make a living but also how to live.

So, positive thinking makes the life easier, happier and fruitful. We should tend to live in the company of happy and positive people. People with positive attitude and traits have certain type of personality. They are caring, confident, patient and humble. They have high expectations of themselves and others.

A person with a positive attitude is like a fruit of all seasons. He is always welcome. Positive attitude is energizing and makes the personality pleasing.