

How Having a Positive Attitude Helps You Overcome Life's Challenges



Let's focus on how a positive mind-set can help individuals overcome life's challenges. There are just some people in the world who cannot look past all the negative clouds in their mind. If you cannot get past the negative and start looking at the positive than you will never be able to achieve your goals.

A positive mind-set can help you as an individual grow and develop skills and techniques to work towards your goals. Let's face it. You have goals right? Do you see yourself accomplishing things and having happiness and energy? Let's push past the excuses. Let's focus on putting your life out there and risking it for success.

First things first the key to having a positive outlook on life is that you have to have a healthy self-esteem and self-confidence. The self-esteem is the part of your self-concept that evaluates self-worth. Your self-concept is a relatively stable set perception you hold on yourself. Many people have low self-esteem issues due to many reasons. Some people compare themselves to the rest of the world. Some people let the people they surround themselves with influence their abilities to change. Reflected appraisal is a mirroring of the judgments of those around him or her. When you receive support and encouragement from significant people than that is when you start to appreciate yourself. **Life Lesson: you are an individual and have your own special purpose. You control who is in your life and who is not. It is time to take charge of your life and get rid of those who are bad influences or are negative around you. You are better off in the end and more likely to succeed if you surround yourself with supportive people. Time to work on that self-esteem of yours.**

Self-esteem works two ways. The positive cycle and the negative cycle. The positive cycle equals high self-esteem and you have positive thoughts such as "I can do this." Or "I did a wonderful job today." Having a positive self-esteem gives you desirable behavior. The negative cycle means low self-esteem and you catch yourself thinking "I can't do this" or "Great, I failed again".

Remember to have a positive self-esteem you need to find out who you are. So Who Are You? Before reading on, why not do a self exploration exercise. Make a list of 10-20 words or phrases the most important features of who you are. Need some ideas? Describe Your social roles: student, mom, dad, daughter, son, employee, and so on and on. Describe your intellectual characteristics: smart, curious or inquisitive. Some people can refer to their self in moods such as optimistic, energetic, critical or adventurous. You can get creative because it is your list. You might see yourself in terms of beliefs: Christian, Pagan, vegetarian, liberal or conservative. Finally, focus on your skills, talents and interest:



swimmer, artist, reader, or environmentalist. After all this, reflect over your list. This list will give you some sense of who you are and why you are special. I find this a good exercise to build self-esteem because to have a healthy self-esteem...you have to know Who You Are.

Sometimes people have a hard time building self-esteem because they have had a rough past. Some people have had to deal poor reinforcement from family or friends. Such as those who were picked on in school or parents belittled them. To some degree, we as individuals are in control of who we choose to for comparison. I know it isn't good to always compare yourself. But let's face it we humans always seem to compare and thrive by others. But you should learn to use comparison in a positive form. However for those with rough past, there comes a point in life where you have to grow closure and move on. Today is a new day to start a new life. There are some things that are life experiences and are meant for you to learn from and move on. There are also things you could not have changed no matter what. Forgive or let go.

You also have to accept that the way you view yourself may be at odds with the way everyone else views you. Your mother-in-law may think you are too quiet or that you would be the perfect person to be a secretary. When the truth is you are a over-talker or you don't want to be a secretary because you want to be a doctor. Distorted feedback also can lead to a low self-esteem. You just need to keep a hold of that list and remember who you are. Keep motivated and work hard to work forward.

A healthy self-concept is flexible. People change. You will change over time. From moment to moment we are not the same. You could wake up and be so happy! Then after lunch feel grumpy. One day you will be interested in one topic and the next suddenly lose interest. As you change, your self-concept will need to change to remain realistic. Your self-concept should reflect who you are over time.

Down to the point: To change your self-concept you need to set realistic expectations for yourself. Not everyone handles every situation perfectly. We are just human. Expecting yourself to reach a unrealistic goal is setting yourself up for a doom. Therefore you need to judge yourself in terms of your own personal growth. You also need to have a realistic perception of yourself. One source of low self-esteem is because of inaccurate self-perception. Sometimes people are just too harsh on their selves. Cut yourself a break OK? Everyone makes mistakes and they learn from them. Time to pick up and grow. Imagine yourself as a newly planted seed. It takes time, energy and work to blossom. However you NEED to have the will and motivation to change. You must be willing to do the necessary work to change your life. Whether that means cleaning up your messes you've made and moving on as a better person. Or growing as a individual on the road to self discovery. Maybe you want to get rid of those bad people in your life or maybe just become a better parent or wife or husband. No matter what your goal is. You have to be able to do what it takes to change. You will need to have the skill to change. Trying to change is nice but not enough. First you need to seek advice, from books and counselors. Read about what you want in life. Read about how to change and blossom into the person you want to be. Books and counselors will guide you down the path you need to be on. Secondly, observe people who you admire and learn from them. There are so many life models around us that will teach us. You can learn to do something if you just take the time to study it.



Things to think about in life: My career ambitions, feelings about your appearance, my options for mutual friends, my academic life, my family, my background, my culture, my problems, my relationships, my friendships, and your feelings.

You need to think about what you want in life and what you need to do to accomplish what you want. A good exercise for people who want to explore their options is to sit down and write down what your want in life. Make a realistic list. You can do anything you set your heart too.

Having a positive outlook:

Positive mind-sets help you as an individual grow. You will gain new skills and learn from your growing process. A positive mind-set will teach you to control your emotions and keep you focused on your path. You will learn to approve of yourself and begin to see the happiness of life. Easier said than done, yes. But if you are motivated then take the first step. Everything takes baby steps. When you start changing, and growing in a proactive light is when you life will start to transform, your health will build and you will renew your passions. How nice would it be for you to start living again? To start breathing the fresh air and wake up in the mornings with some purpose. Do not waste your life away when opportunities are knocking at your door.

Positive mind-sets can give you the power to turn your failures and your challenges in life into success. You push that success to a whole new level and accomplish things you have never dreamed of. Those people with the positive attitudes can look at their obstacles and can see through them with their faith and start working towards accomplishing their goals.

Your body and mind are interconnected and your emotions play a huge role in your growth. Therefore in your path of growth you will need to focus on getting your health in shape.

A healthy body means taking care of yourself, maintaining your weight, and exercising daily. Those who keep in shape feel much better about them selves, which will start a spark in your self-esteem.

An unhealthy body means you do not care enough about yourself to take care of yourself. You smoke or drink, you eat junk food, you do not exercise and your waistline expands. Poor health leads to a poor attitude.

Take control of your life now. When your mind and body are in sync with one another then you will start gaining a positive outlook on life, which will give you exactly what you need to start working to achieve those goals.

You have to visualize what you want in life and work for it. Humans are visual creatures. We need to be motivated and see what is ahead for us. So do some research and visualize your path.

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