



## **My Drift**

**Title: Positive Thinking**

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**HAPPY NEW YEAR!!**

Okay, let's start the new year on a more positive note.



## Overview

Thinking positive means focusing on the good in situations, expecting positive outcomes, and using optimism to handle challenges, which can improve stress management, health, and problem-solving by retraining your brain to build stronger, hopeful neural pathways, not by ignoring reality but by choosing constructive, solution-oriented responses. Key techniques include practicing gratitude, challenging negative self-talk, self-care, surrounding yourself with positive people, and staying mindful.

## What it is

An optimistic mindset that looks for solutions and sees potential in challenges. Not denying problems but approaching them with hope and a belief that things can get better.



A conscious choice to focus on constructive thoughts and actions, building mental resilience.

## Benefits

**Health:** Lower stress, better immune function, reduced risk of heart disease, lower blood pressure, stronger coping skills.

**Mental Well-being:** Increased happiness, resilience, motivation, and adaptability.

**Cognitive:** Rewires the brain's neural pathways, making positive thinking easier over time.

## BENEFITS OF POSITIVE THINKING

- ✓ *Gain a new perspective*
- ✓ *Improved mood*
- ✓ *Lower depression*
- ✓ *Greater creativity*
- ✓ *Greater problem-solving ability*
- ✓ *Clearer thinking*
- ✓ *Increased confidence/courage*
- ✓ *Lifts the mood of those around you*
- ✓ *Lowers stress levels*

THINK  
*Positive*

BE POSITIVE

## 5 Ways to Think Positively



1. Practice Gratitude Daily

2. Focus on Solutions, Not Problems

3. Engage in Positive Communication

4. Celebrate Wins

5. Lead by Example

## How to practice it

**Identify and Challenge Negativity:** Become aware of negative patterns and actively reframe them.

**Practice Gratitude:** Focus on what you have, not what you lack.

**Mindfulness:** Stay present to avoid getting lost in worries.

**Positive Self-Talk:** Use encouraging internal dialogue.

**Healthy Lifestyle:** Exercise, eat well, and get enough sleep.

**Positive Environment:** Spend time with optimistic people.

## Important Note

Positive thinking isn't about "toxic positivity" (ignoring valid negative emotions); it's about finding a balanced, hopeful perspective even during difficult times.



## Positive Thinking

When everything feels a little bit chaotic, it can be hard to embrace a more positive mindset. But finding ways to face challenges and maintain a positive outlook can be an important game-changer for your physical, mental and emotional health.

Psychologist Susan Albers, PsyD, explains why you should adopt the power of positive thinking and how you can practice optimism on a day-to-day basis.

## **What is positive thinking?**

Positive thinking involves embracing an optimistic mindset while actively thinking about the possible positive outcomes. It's not about denying or suppressing negative emotions. Instead, it involves finding a realistic, optimistic view that allows you to acknowledge challenges head-on while focusing on what you can appreciate or improve along the way.

“Positive thinking doesn't make the storm go away, but it gives you an umbrella and protects you from the wear and tear of stress,” illustrates Dr. Albers. “It's not about ignoring the bad things out there in the world, but it's a mindset that can help to shelter and protect you from it.”

## **Benefits of positive thinking**

The power of positivity is widespread and infectious. Positive thinking impacts your mental, emotional and physical health. It can even influence your relationships and the moods of others. Positive thinking can:

- ✚ Lower your risk of disease and illness (including cardiovascular disease)
- ✚ Improve the outcome of your surgeries and treatments
- ✚ Extend your life expectancy
- ✚ Lessen anxiety and depression
- ✚ Improve your ability to cope with stress
- ✚ Improve your psychological well-being

## **How to think positively**

Developing an optimistic mindset and practicing positive thinking takes time. In a lot of ways, it involves unlearning pessimistic beliefs and behaviors so you can see things in a better light. These lifestyle changes and behaviors can help you adopt positive thinking.

## **Surround yourself with positive people**

Emotions are contagious. So, the more you surround yourself with good people who share your values and have a positive mindset, the easier it becomes to embrace those same emotions.

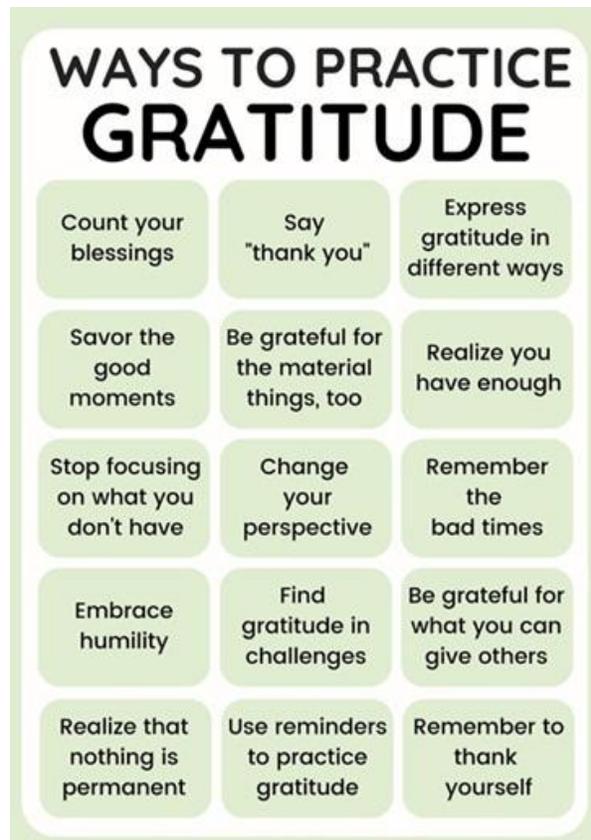
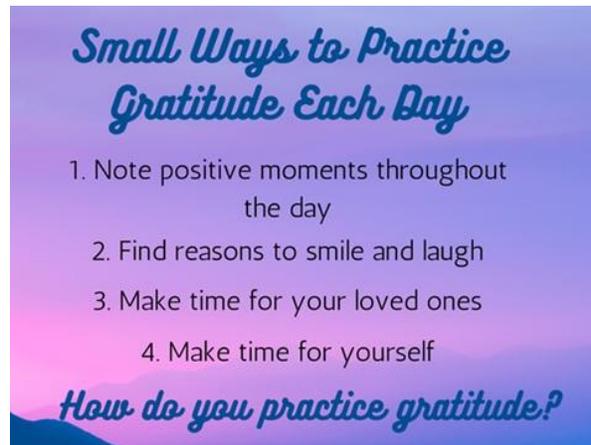
“We're often dragged down by people who are negative and we can feel it physically and emotionally,” notes Dr. Albers. “But positivity is also contagious, and when you're around people who make you feel more optimistic, that also has a ripple effect.”



## Fill your day with positive content

What do you read? What kinds of shows do you watch? What songs do you listen to throughout the day? If you spend a lot of time scrolling media that stresses you out or you find yourself doomscrolling, it's going to weigh on you negatively. So, curate your content so you consume stories, songs and movies that carry positive messages and inspire you to embrace a more hopeful mindset.

## Practice daily gratitude



**“Write down at least three things you’re thankful for during the day,” advises Dr. Albers. “This helps to rewire your brain for optimism over time, and it makes it more of a habit to look for and point out things that we’re grateful for that may not automatically jump into our minds.”**

**Practicing gratitude and even using daily affirmations can help you celebrate the small wins. It also helps shine a light on any silver linings that you might be overlooking when negative things happen.**

### **Avoid toxic positivity**

**That’s not to say you should avoid anything that’s negative. Toxic positivity can cause more harm than good when you’re denying or neglecting negative emotions for the sake of positivity. In those instances, try to acknowledge how you really feel and take a step back to look at what’s actually happening.**

**“It’s like being told to smile when you’re hurting — it can feel forced and invalidating,” recognizes Dr. Albers. “True optimism means honoring the hard feelings and holding space for hope.”**

### **Reframe your perspective**

**Practicing positive thinking comes down to creating intentional, persistent habits related to the way you think, feel and react to certain situations. So, that means you should deflect negative thinking with more positive thoughts when it makes sense.**

**“Reframing negative thoughts retrains your brain. It’s all about repetition and practice,” says Dr. Albers. “The more you do it, the more natural and automatic it becomes.”**



## **8 ways to reframe your perspective**

If you're ready to zoom in on all the good life has to offer and reframe your thoughts, then these eight tips were made for you.

### **1. Become aware of your repeated thoughts**

In order to reframe your thoughts, you first have to become aware of the thoughts you're having on a consistent basis. Sometimes we don't even realize we're stuck in a perpetual negative thought loop.

Become aware of your habitual thoughts and observe them objectively. Once you have this awareness, you can start to actively reprogram your brain with new thoughts.

### **2. Find a replacement phrase**

Once you know your personal thought pattern that you get stuck in, you need to find a phrase or question to get yourself unstuck from that pattern.

In the morning when you first wake up, you might be telling yourself that this is going to be another bad day. You need to come up with a replacement phrase. Instead, start saying, "This day is going to be full of happy surprises."

This one simple switch can cause your brain to focus on the possibilities ahead instead of responsibilities. This new simple phrase can help you overcome a depressive attitude.

### **3. Meditation**

You had to see this one coming. But before you scroll to the next tip and say you're not a meditator, hear me out.

Everyone is capable of meditation. Just find a quiet place and try to think about nothing. Learning to calm your mind will help you realize how many negative thoughts you have objectively and how to replace them with positive thoughts.

Meditation is a form of self-awareness. And when you start to meditate, you become in tune with the messages your brain is spewing to you regularly. You will soon view the world and your life in a better light. It takes practice, but learning to think about nothing for a while can help you reframe how you think about everything.

#### **4. Choose gratitude right when you wake up**

**This is a biggie. You're probably starting to pick up on the fact that I'm an advocate for being mindful of what you tell your brain first thing in the morning.**

**Your brain and your subconscious are particularly sensitive to what you tell it in the morning. So, make sure that the message is a positive one.**

**A good way to reframe your thoughts in the morning to help you reframe your day is to reflect on what you can be thankful for. Looking at what there is to be grateful for helps shift your mindset from one that focuses on what you lack to one that manifests abundance.**

**It takes a few seconds but list a few things you're grateful for. And if you want to go all out, do it intermittently throughout the day.**

**Focusing on gratitude will inevitably change your thoughts.**

#### **5. Ask yourself, "What could be good about this?"**

**When it comes to problems, it can be particularly challenging to reframe your thoughts. It's natural to want to have a pity party and complain.**

**And while you can sulk for a brief moment if you need to, it's important that you don't stay there long. Because often hidden in the middle of a problem is an opportunity.**

**When you have a problem, ask yourself the question "What could be good about this?". That one question has the power to completely shift the way you're thinking about something.**

**Ask yourself that question the next time you have a problem. You might be surprised to find out that the answer reveals you didn't have as much of a problem as you thought all along.**

#### **6. Get an outsider's perspective**

**If you can't bring yourself to reframe your thoughts, get an outsider's perspective. Ideally, this is someone who can be at least slightly objective regarding your situation or circumstances.**

A friend or co-worker's perspective on the problem might help you realize how ungrateful you have been about the entire situation. Sometimes another person's view can help you reframe your view to remind you of what you were missing.

### **7. Practice self-compassion**

When you are caught in a cycle of negative self-talk or criticism, pause and treat yourself with the same kindness and understanding you would offer a good friend. Acknowledge that everyone has flaws and makes mistakes; this is a part of being human.

Start by identifying the critical voice inside your head and challenge its validity. Ask yourself if you would speak to someone else the way you are speaking to yourself. Most likely, the answer is no.

Replace these harsh thoughts with more compassionate and realistic ones. For example, instead of thinking, "I'm such a failure for not getting this right," you might reframe it to, "I'm learning and growing, and it's okay to make mistakes."

### **8. Create a positive environment**

The environment around you can significantly influence your thoughts and mood. To help reframe your perspective, make an effort to create a positive and uplifting environment. This can include surrounding yourself with positive people who encourage and support you, as well as creating a physical space that inspires positivity.

Additionally, personalize your living and working spaces with items that bring you joy, such as photos of happy memories, inspirational quotes, or plants. Music can also be a powerful mood enhancer; consider creating a playlist of songs that makes you feel happy and optimistic.

By intentionally shaping your environment, you encourage a more positive mindset, making it easier to reframe negative thoughts into positive ones.

### **Take care of your personal health**

Taking care of your physical health and overall well-being is just as important as keeping your mind healthy and positive. The better your health, the better your ability to think and react to stressful situations. So, as you take on this journey of positive thinking, make time for:

- ✚ Exercise
- ✚ Sleep
- ✚ Eating healthy
- ✚ Creating and maintaining social connections

“Getting seven to nine hours of sleep can be a game changer for your thoughts, and spending time with other people can really help you feel supported and understood,” encourages Dr. Albers. “When we feel good in our bodies, we feel good in our brains as well.”

### Positive Thinking Quotes

In a world full of negativity—from bad news to pessimistic attitudes—it’s easy to lose sight of positivity. Thankfully, good vibes quotes can help you shift focus toward optimism, happiness, and a brighter outlook on life.

Influential figures like Bob Ross, Maya Angelou, and the Dalai Lama have shared timeless wisdom about embracing positivity, seeing the light within, and choosing optimism every day. Their words inspire us to face life’s ups and downs with resilience and a bright outlook.

Explore the following inspiring good vibes quotes from leaders we admire who remind us that maintaining a positive spirit is possible no matter the circumstances. Let their words fuel your own positive mindset and help you attract good energy every day.

### Positive Vibes Quotes

“All it takes is just a little change of perspective and you begin to see a whole new world.” - Bob Ross



**“Keep your face to the sunshine and you cannot see a shadow.” —Helen Keller**

**“I always like to look on the optimistic side of life, but I am realistic enough to know that life is a complex matter.” —Walt Disney**

**“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little. And if we didn’t learn even a little, at least we didn’t get sick. And if we did get sick, at least we didn’t die. So let us all be thankful.” —Leo Buscaglia**

**“Be healthy and take care of yourself but be happy with the beautiful things that make you, you.” —Beyoncé**

**“When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome.” —Wilma Rudolph**

**“You’re off to great places! Today is your day! Your mountain is waiting. So... get on your way!” —Dr. Seuss**

**“I don’t have to chase extraordinary moments to find happiness—it’s right in front of me if I’m paying attention and practicing gratitude.” —Brené Brown**

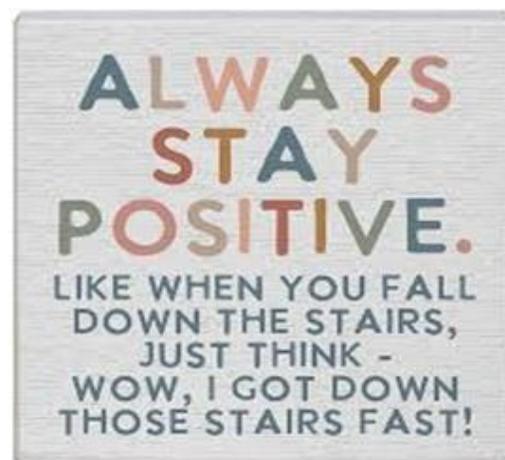
**“I never lose sight of the fact that just being is fun.” —Katherine Hepburn**

**“Try to be a rainbow in someone’s cloud.” —Maya Angelou**

**“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.” —Mary Lou Retton**

**“Say something positive, and you’ll see something positive.” —Jim Thompson**

### **Stay Positive Quotes**



**“Choose to be optimistic, it feels better.” —Dalai Lama**

**“Positive thinking will let you do everything better than negative thinking will.”  
—Zig Ziglar**

**“Once you replace negative thoughts with positive ones, you’ll start having positive results.” —Willie Nelson**

**“Perpetual optimism is a force multiplier.” —Colin Powell**

**“Attitude is a little thing that makes a big difference.” —Winston Churchill**

**“Don’t worry, be happy.” —Bobby McFerrin**

**“Start each day with a positive thought and a grateful heart.” —Roy Bennett**

**“If you can change your mind, you can change your life.” —William James**

**“The positive thinker sees the invisible, feels the intangible, and achieves the impossible.” —Winston Churchill**

**“Positive thinking is more than just a tagline. It changes the way we behave. And I firmly believe that when I am positive, it not only makes me better, but it also makes those around me better.” —Harvey Mackay**

**“When you are enthusiastic about what you do, you feel this positive energy. It’s very simple.” —Paulo Coelho**

**“Pessimism leads to weakness, optimism to power.” —William James**

**“What we’ve got to do is keep hope alive. Because without it we’ll sink.” —  
John Lennon**

**“Positive anything is better than negative nothing.” —Elbert Hubbard**

**“Every day may not be good, but there is something good in every day.” —Alice  
Morse Earle**

### **Positive Motivational Quotes**

**“The only limit to your impact is your imagination and commitment.” —Tony  
Robbins**

**“Yesterday is not ours to recover, but tomorrow is ours to win or lose.” —  
Lyndon B. Johnson**

**“In order to carry a positive action, we must develop here a positive vision.” —  
Dalai Lama**

**“The thing that lies at the foundation of positive change, the way I see it, is service to a fellow human being.” —Lee Iacocca**

**“In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.” —Les Brown**



**“I dwell in possibility.” —Emily Dickinson**

**“Virtue consists not in never falling, but in rising every time we fall.” —Oliver Goldsmith**

**“The only way to achieve the impossible is to believe it is possible.” —Charles Kingsleigh (in Alice in Wonderland)**

**“To live a fulfilled life, we need to keep creating the ‘what is next’ of our lives. Without dreams and goals there is no living, only merely existing, and that is not why we are here.” —Mark Twain**

**“Whoever is happy will make others happy too.” —Anne Frank**

**“Correction does much, but encouragement does more.” —Johann Wolfgang von Goethe**

**“Surely, in the light of history, it is more intelligent to hope rather than to fear, to try rather than not to try. For one thing we know beyond all doubt: Nothing has ever been achieved by the person who says, ‘It can’t be done.’” —Eleanor Roosevelt**

**“Self-approval and self-acceptance in the now are the keys to positive changes.” —Louise Hay**

**“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.” —Christian D. Larson**

### **Positive Life Quotes**

**“It is during our darkest moments that we must focus to see the light.” —Aristotle Onassis**

**“Love the life you live. Live the life you love.” —Bob Marley**

**“The most important thing is to enjoy your life—to be happy—it’s all that matters.” —Audrey Hepburn**



**“The real self is not something one finds as much as it is something one makes.” —Sydney J. Harris**

**“When I wake up, I expect things to be good. If they’re not, then I try to set about trying to make them as good as I can ’cause I know I’m gonna have to live that day anyway. So why not try to make the most of it if you can?” —Dolly Parton**

**“You will have bad times, but they will always wake you up to the stuff you weren’t paying attention to.” —Robin Williams**

**“The longer I live the more beautiful life becomes.” —Frank Lloyd Wright**

**“The most wasted of all days is one without laughter.” —E.E. Cummings**

**“You do not find the happy life. You make it.” —Camilla Eyring Kimball**

**“Happiness is when what you think, what you say, and what you do are in harmony.” —Mahatma Gandhi**

**“You can’t make positive choices for the rest of your life without an environment that makes those choices easy, natural, and enjoyable.” —Deepak Chopra**

**“I’m a very positive thinker, and I think that is what helps me the most in difficult moments.” —Roger Federer**

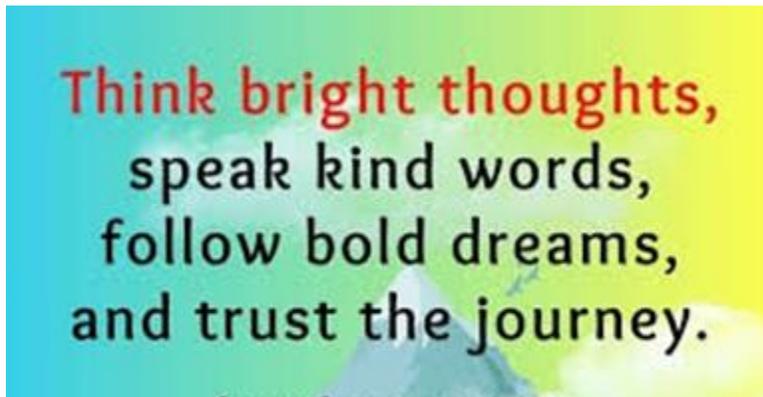
**“A positive attitude gives you power over your circumstances instead of your circumstances having power over you.” —Joyce Meyer**

### **Positive Inspirational Quotes**

**“Nothing can dim the light which shines from within.” —Maya Angelou**

**“Extraordinary things are always hiding in places people never think to look.”  
—Jodi Picoult, My Sister’s Keeper**

**“Somewhere inside all of us is the power to change the world.” —Roald Dahl, Matilda**



**“The only limit to our realization of tomorrow will be our doubts of today.” — Franklin D. Roosevelt**

**“When you think positive, good things happen.” —Matt Kemp**

**“You are never too old to set another goal or to dream a new dream.” —Les Brown**

**“Believe you can and you’re halfway there.” —Theodore Roosevelt**

**“The only disability in life is a bad attitude.” —Scott Hamilton**

**“The way to happiness: Keep your heart free from hate, your mind from worry. Live simply, expect little, give much. Scatter sunshine, forget self, think of others.” —Norman Vincent Peale**

**“The more you praise and celebrate your life, the more there is in life to celebrate.” —Oprah Winfrey**

**“A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, and it sparks extraordinary results.” —Wade Boggs**

### **Wrapping up**

**We all get to be the editor of our lives. And with this incredible power comes the ability to reframe our thoughts to help us create a beautiful final image. The tips in this article will help you shift your thoughts to serve you positively. Because at the end of the day, you might just be a thought or two away from a happier life.**

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