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## **DEVELOPING POSITIVITY**

Positivity is feeling good vibes like being peaceful, joyful, serene, hopeful, grateful, amused, loved, inspired, fascinated, prideful, interested, and awed by life. When you feel positive life flourishes, relationships are strong, and you have high confidence, motivation, and an open mind. Not feeling confident, you can activate your positivity by cultivating your positivity every day. In this process, you become aware of your thoughts and feelings and then you choose to focus on those that make you feel good.

Our minds contain thousands and thousands of thoughts each day. And each thought has a direct impact on our emotions and on our bodies. Rarely do we experience the present moment. We are locked in the past or planning the future. When was the last time you were truly mindful of the moment? The skill involved is the practice of mindfulness. In mindfulness, we observe inward, watching our thoughts without attachment to them. Similar to lying on the grass and watching the clouds go by. This art of nonattachment to our thoughts results in great healing, peace, and insight.

Our own mind carries us away. Our thoughts are like unruly children, constantly pulling us here and there. And this constant pulling is the source of our stress and pain. Mindfulness is the skill that allows us to watch our thoughts and feelings without being pulled by them. Initially in practice all this mental chatter preoccupies us. Then we begin to realize that we do have control. By noticing and observing, we stop reacting. And it is our reactions to our thoughts that bring us emotional stress and physical dis-ease.

Everyone knows that tired plus hungry equals unhappy, but this combination might be more damaging than you think. Your brain interprets lack of sleep as a threat to the central nervous system which can cloud judgment. Missing one night of sleep can cause you to remember 59 percent fewer positive words, which could make you overly focus on the negative. If your attitude is chronically cranky, look at your eating and sleeping habits. A mid-morning snack (like the protein-fat combo of apple with peanut butter) could steady your blood sugar.

No matter how bleak it may seem, every situation has a silver lining. Focus on an object or task and list as many descriptions as you can for 30 seconds. You get three points for positive descriptions, and one for negative. Awareness of negatives can motivate us to take action, and the act of looking for them can make our brain even more flexible and nimble.

Venting your dramas to your officemate or your sister might be more harmful than helpful. Continually talking to like-minded people could mean you hear the same perspective on repeat, which discourages problem solving. To get a positive attitude, seek out different viewpoints to recognize all aspects of the issue. With big decisions—ending a relationship; asking for a promotion—use a three-person reality check.

Stress makes every bad situation worse. Or does it? Hormones released during stress can boost memory, reasoning ability, and teaching yourself to think about the positive aspects of stress can actually improve performance as well as physical and mental health. In one study, managers trained to recognize the upside of stress reported a 23 percent drop in physical symptoms like headaches, backaches, and fatigue. When you're overwhelmed, pinpoint the real reason. If you're worried about a work presentation,

it might be that your stress is about impressing your boss, not talking in front of a group. Aim to direct the stress into a more confident delivery.

**Here are eight tips to help you make that choice:** by Declan O'Flaherty (tinybuddha.com)

- 1. Remember that you are powerful.** Most of the time we have no idea what we are supposed to be doing, or who we are supposed to be imitating. I say "imitating" because this is what we do: We conform to the external environment. We play roles and cover up our true selves by identifying with "things" that end up defining who we think we are. I'm a doctor, a salesperson, a secretary, a lawyer; I'm sad, happy, lonely, or miserable. I'm angry, jealous, afraid, and I can't help it—it's who I am. The truth is, though, we are none of those things. They are symptoms of the sleepwalking disease. You are more important than any label. We are not our professions. We are not our feelings. We are not our circumstances. We are not even our mind. What we are is far greater, far superior, far more important, and far more mysterious than our conceptual mind tries to define. This is why we are far more powerful than we think we are.
- 2. Choose to embrace life.** Let go and embrace the moment, whether it contains an obstacle or an opportunity. Stop fussing over trivial matters and start focusing on what's really important to you. Don't go through life expecting things to change. Life becomes hard and unfair when we decide to complain about things rather than trying to change them ourselves. Wake up to the truth that life is not a practice-run. Be bold and courageous, and make decisions that benefit your growth. Put yourself on your imaginary death-bed and realize that time stands still for no one. Start as soon as possible to make any necessary changes you may need to. Take the first step before more time gradually passes by while you stand still stagnating. Your choice. Your life. Your responsibility. Your power.
- 3. Realize that you get to control your reactions.** We create our outside reality by the thoughts and beliefs we maintain about life in general. What we believe in our inner world, we see in our outer world—not the other way around. We all have problems, and we're often tested by circumstances outside of our control. Even though you may not be in control of what's going on outside of you, you most definitely can control your reaction to those situations. We have the power because our inner world (cause) affects the influence we allow the outer world (effect) to have on us. So next time you hear somebody mention that you have great personal power, know they are 100% correct. You have more control than you think.
- 4. Know that no one is better qualified.** We place far too much emphasis on other people's opinions about us, often to the exclusion of our own. This takes away from our own personal power. No matter what anybody says about you, it doesn't hold any significance to who you truly are unless you identify or agree with them. Stop identifying with other people's opinions and become aware of how you see yourself. Nobody knows you better than you do. Never accept another person's reality as your own. Always believe that you can achieve anything you put your mind to. And, most importantly, never let another person's opinion of you affect what you believe about yourself.
- 5. Believe that you are more than enough.** If you have to compare yourself to someone else, let it be a person who is less fortunate, and let it be a lesson to learn just how abundant your life truly is. It's just a matter of perspective. You may find that you are not entirely grateful for what you possess. You may believe that you need more than you have right now to be happy. If this is the case, then you are absolutely right—you will need more, and you will continue to need more. This cycle will perpetuate as long as your mind believes it to be true. If you focus on what you have, and not on what you lack, you will always have enough, because you will always be enough.
- 6. Love yourself.** You have arrived. Everything you need is right here. Cut out the distractions, open your eyes, and see that you already have everything in your possession to be happy, loved, and fulfilled. It's not out there. It never was out there. It's in the same place it was since the day you were born. It's just been covered up by all the external things you have identified with over the years. Be yourself. Love yourself completely and accept everything that you are. You are beautiful. Believe it, and most importantly, remind yourself often.
- 7. Stay cool.** If someone cuts us off in traffic or skips the queue at our local cinema, we may feel our blood pressure begin to rise and feel the need to react in a negative manner. We get uptight with other people's actions, and in the end we punish ourselves for their bad behavior. We end up losing control over our own actions because of the way other people act. But we are responsible for our own action, regardless of how rude other people may act. If it's hard to stay cool, remember: you are the one who loses in the end, if you lose the lesson.

**8. Journey well.** We know life is about the journey and not the arrival. We don't need to arrive if we accept that we are already here. Be content with where you are today and don't make the mistake of putting off being happy because you are waiting for the right moment to shine. Sometimes it takes a conscious effort to enjoy the journey. Not everyone woke up this morning and not everyone will go to bed tonight. Life has no guarantees. Every minute you are living is a blessing that has to be experienced in the moment. It's not always easy, but it's always an option—a choice. Your choice.

### **10 Simple Habits to Grow a Positive Attitude** by Megan Wycklendt (fullfillmentdaily.com)

Our life is a reflection of our attitude. Without even noticing it, it can be easy to become negative and cynical towards the world as we are continuously exposed to tragedy and injustice in the media and as we experience our own heartache and distress. Not only is a negative attitude preventing you from fully enjoying your life, it can have a significant impact on your environment. The energy a person brings with them is contagious. One of the best things you can offer your family, organization or community is your positive attitude. In the wise words of Michael Jackson, "If you want to make the world a better place, take a look at yourself and make a *change*." As creatures of habit, by making small adjustments to your daily life and mindset, positive habits can be formed to make yourself and everyone you interact with happier. Here is a list of 10 habits that can turn a gloomy outlook into an effortlessly optimistic attitude.

- **The Challenge:** Having a negative attitude keeps us from being happy and impacts the people we interact with.
  - **The Science:** Science tells us that having a positive attitude has a direct connection with happiness and success.
  - **The Solution:** Make positivity a habit by making these small adjustments to your daily life and mindset!
- 1. Keep a gratitude journal.** Sometimes one single event can ruin an entire day and an unpleasant interaction or experience at night can overshadow the enjoyable parts of our day. With this awareness that our mind tends to cling to the negative, we can intentionally focus on the good parts of our day to offset this imbalance. Try writing down 5 things that you feel grateful for every day and see how your attitude changes. Science has found that gratitude can significantly increase your happiness, and protect you from stress, negativity, anxiety and depression. Check out this list of 13 ways gratitude will significantly improve your life.
  - 2. Reframe your challenges.** There are no dead ends, only re-directions. Although we might try, there are very few things in life that we have complete control over. We should not let uncontrollable occurrences from the outside turn our inner to mush. What we can control is the effort that we put in and when we give our full effort, there is no reason for regret. Have fun with challenges, embrace them as adventures instead of attempting to resist an experience for growth. "Sometimes you win and sometimes you learn." – Robert Kiyosaki
  - 3. Get good at being rejected.** Rejection is a skill. Chalk every broken heart and failed job interview as practice because no one gets to slide through life without being rejected. Don't let it harden you and don't expect the worse. If you wait for bad things to happen, chances are it will or you'll narrow in on the bad in the midst of the good things you've missed along the way. When there are cracks in your heart, they let the sun in.
  - 4. Use positive words to describe your life.** The words that we use have a lot more power than we think. How you talk about your life is how your life will be. Your mind hears what you say. If you describe your life as boring, busy, mundane, chaotic, that is how you will perceive it and you will feel the effects in your body and mind. If you use the words simple, involved, familiar or lively, you will see your life in a whole different light and find more enjoyment in the way you chose to shape your life. A study from US data suggests that having a positive attitude is not only has a direct effect on your happiness, it is also correlated with your earning wage.
  - 5. Replace *have* with *get*.** Do you ever notice how many times we say that we *have* to do something? I *have* to go to work. I *have* to go grocery shopping. I *have to* pay my rent. Now change this one little word to *get* and see what happens. I *get* to go to work. I *get* to go grocery shopping. Even, I *get* to pay my rent. Your attitude quickly changes from needing to fulfill obligations to being grateful for the things that we become accustomed to having: a job to support you and your family, food on the table, and a roof over your head. Try to make this change when you are thinking to yourself and you may feel and appear happier and less stressed.
  - 6. Don't let yourself get dragged into other people's complaints.** Your day was going pretty well and then you get to work and your co-worker can't stop complaining about the cold weather. You didn't really think about it before he/she brought it up and now you find yourself agreeing and joining

in on the complaint-fest of how sick you are of this cold weather. In a month you'll be pulled into complaints about how it's too hot. Don't fall into the trap. A study done at the Warsaw School of Social Psychology shows that complaining leads to lower moods and negative emotions, decreased life satisfaction and optimism, and emotional and motivational deficits. You might find that your co-worker will complain less without the validation of someone else having the same complaint.

- 7. Breathe.** Our breath is directly connected to our emotions. Have you noticed we hold our breath sometimes when we are concentrating on something? Can you feel your breath change when you are angry or anxious? Our breath changes depending on how we feel. The great news is that the connection goes the other way too. We can also change how we feel using our breath!
- 8. Notice the righteous in times of tragedy.** It's hard to have hope and stay positive when hate and violence is all over the media. What we don't see as much is that in every instance of natural disasters, war, traumatic experience, you will find people rising up, reaching out to each other and showing raw compassion and love. Hold onto the stories of modern day heroes and selflessness in the times of fear and devastation.
- 9. Have solutions when pointing out problems.** Being positive doesn't mean that you have to be oblivious to problems. Positive people have constructive criticisms to improve conditions. If you are going to point out problems in people or situations, place just as much effort into suggesting solutions. Instead of pointing out all of the things that are wrong, offer ways to make it better.
- 10. Make someone else smile.** Who do you think about most of the time? If we answered honestly, most of us would say themselves. It's good to hold ourselves accountable, take responsibility for our life roles, hygiene, food, etc. but set a goal for each day to make someone else smile. Think about someone else's happiness and it will help us to realize our immense impact that our attitude and expression has on the people around us.

## **21 Ways to Create and Maintain a Positive Attitude** by Marelisa ([daringtolivefully.com](http://daringtolivefully.com))

Your attitude determines how you live your life. Even if –at any given time–your choices of action are limited, your choices regarding your attitude are not. Always choose a positive attitude. A positive attitude makes you happier and more resilient, it improves your relationships, and it even increases your chances of success in any endeavor. In addition, having a positive attitude makes you more creative and it can help you to make better decisions. To top it all off, there are studies that show that people with a positive attitude live longer than their sourpuss counterparts.

- 1. Have a Morning Routine.** How you start your morning sets the tone for the rest of the day. Make sure that you have an attitude-boosting morning routine that puts you in a good mood so that you can start the day off right.
- 2. Carry An Attitude of Happiness With You.** Instead of waiting for external things to make you happy, be happy and then watch how that influences the things that go on around you. That is, instead of telling yourself that first something good has to happen, and then you'll be happy, be happy first. Happiness is an attitude, not a situation.
- 3. Relish Small Pleasures.** Big pleasures—graduation, getting married, being promoted, having your book published—come too infrequently. Life is made up of tiny victories and simple pleasures. With the right mental attitude, watching the sunset, eating an ice cream cone, and walking barefoot on the grass are all you need to be filled with joy.
- 4. Smile.** Smiling will give you an instantaneous attitude boost. Try smiling for a minute while you think of a happy memory or the last thing that made you smile. Smiling releases endorphins and serotonin, also known as the feel good hormones. It's a lot easier to adopt a positive attitude when the chemicals being released by your body are conducive to well-being.
- 5. Upload Positivity to Your Brain.** Read books with a positive message, listen to music with uplifting lyrics, and watch movies in which the protagonist's optimism helped him to overcome obstacles and win despite the odds. Change your attitude for the better by uploading as much positivity into your brain as you possibly can.
- 6. Take Responsibility.** At any moment your attitude can be that of a victim or of a creator. The first step you need to take to shift from victim-mode to creator-mode is to take responsibility. Here's the attitude of a creator: I create my life. I am responsible for me. I'm in charge of my destiny.
- 7. Have a Zen Attitude.** Think of life not as something that's happening to you, but as something that's happening for you. Look at any challenging situation, person, or event as a teacher that's been brought into your life to teach you something. The next time you find yourself thinking, "Why is this happening to me?" choose to have a Zen attitude, instead. Ask yourself, "What am I supposed to learn or gain from this?" or "How will this help me grow and become a better, more enlightened being?"

- 8. Be Proactive.** A reactive person allows others and external events to determine how they will feel. A proactive person decides how they will feel regardless of what may be going on around them. Be proactive by choosing your attitude and maintaining it throughout the day, regardless of what the day may bring.
- 9. Change Your Thoughts.** Positive thoughts lead to a positive attitude, while negative thoughts lead to a negative attitude. Changing your attitude is as easy as hitting the “pause” button on what you’re thinking and choosing to think different thoughts.
- 10. Have a Purpose.** Having a purpose in life gives you a fixed point in the horizon to focus on, so that you can remain steady amid life’s vicissitudes and challenges. Bringing meaning and purpose into your life—knowing why you are here—will do wonders for your attitude.
- 11. Focus On the Good.** In order to have a positive attitude, focus on the good. Focus on the good in yourself, the good in your life, and the good in others.
- 12. Stop Expecting Life to Be Easy.** The truth is, life gets tough at times. For all of us. It can even be painful. But you’re brave and resourceful, and you can take it. Know that sometimes things won’t be easy, and adopt the attitude that you have what it takes to deal with anything that life throws at you.
- 13. Keep Up Your Enthusiasm.** Enthusiastic people have a great attitude toward life. Have a list of ways to lift your enthusiasm ready for those times when you feel your zest for life draining away. Being enthusiastic will help you maintain the attitude that life is good and that you’re lucky to be alive.
- 14. Give Up On Having An Attitude of Entitlement.** Think of the parable “Who Moved My Cheese?” by Spencer Johnson. Two little mice and two miniature people are put in a maze. Here’s what happens:
- When the mice discover that the cheese isn’t where it’s supposed to be, they immediately get to work on finding another piece of cheese.
  - The two miniature people, instead, get angry that the cheese has been moved. They waste time expressing outrage and blaming each other.
- Stop demanding that things be handed to you. Your attitude at all times should be the following:
- It’s up to me to get what I want.
  - Good things come to those who work hard.
  - I adapt to change easily and quickly.
  - I keep going even when things get tough.
- 15. Visualize.** When things aren’t going your way, keep a positive attitude by visualizing yourself succeeding and achieving your goals. When Nelson Mandela was incarcerated—in a tiny cell that was just 6 feet wide—he kept his hopes up by visualizing himself being set free. Mandela once said, “I thought of the day when I would walk free. Over and over again, I fantasized about what I would like to do.” By visualizing his release he was able to maintain a positive attitude, even when he found himself under extraordinarily difficult circumstances.
- 16. Limit Your Complaints.** Whining about anything and everything is not conducive to a positive attitude. When you complain you’re saying negative things about a person, place, or event, without offering a solution to fix the situation. Constantly complaining leads to a bad attitude. So stop complaining. Instead, start looking for solutions or accept what cannot be changed. Instead of complaining, do the following:
- Remove yourself from the situation.
  - Shift your perspective about the situation.
  - Offer a possible solution.
  - Accept that there’s nothing you can do to change the situation and that complaining about it just fosters negativity.
- 17. Watch Your Words.** Use positive words when you talk to yourself. Studies have found that positive self-talk can boost your willpower and help you psych yourself up when you need to get through a difficult task. In addition, it can calm you down when you’re worried or anxious. If you want to change your attitude from “I can’t do this” or “I’m going to fail”, to “I’ve got this” or “I’m going to do great”, change your self-talk.
- 18. Use The Power of Humor.** People who know how to laugh at themselves and at life’s absurdities have a great attitude. Your sense of humor is a power tool, and you can use it to lift your mood and enhance your emotional state at any time. When something goes wrong, ask yourself, “What’s funny about this?” A humorous perspective will have a positive effect on your attitude.
- 19. Use Gratitude to Improve Your Attitude.** When you find yourself focusing on what’s wrong in your life, what you don’t have, or what you’re missing out on, adjust your attitude by feeling gratitude. Studies show that having an attitude of gratitude is beneficial for every aspect of your life: being grateful improves your health, your mood, your relationships, your career satisfaction, and on, and on. If you need an attitude lift simply think of all the things that you have to be grateful for.

- 20. Develop an Attitude of Curiosity.** The best way to approach any situation is to be open to what you can learn from it. That is, be curious. Curiosity gives you a present-moment orientation which is similar to mindfulness. Being curious about a situation allows you to experience it more fully. In addition, curiosity will help you to approach uncertainty in your daily life with a positive attitude.
- 21. Seek Out Others With a Positive Attitude.** A positive attitude is contagious. When you feel that you need an attitude boost, find someone with a great attitude and look for an excuse to hang out with them. Their attitude can't help but rub itself off on you and you'll be able to face the world with renewed optimism.

**14 Ways to Harness the Power of Enthusiasm** by MARELISA (DARINGTOLIVEFULLY.COM)

- Enthusiasm is a state of mind that inspires and arouses one to put action into the task at hand.
- Enthusiasm bears the same relationship to a human being that steam does to the locomotive – it is the vital moving force that impels action.
- Enthusiasm is one of your greatest assets. It is better than money, power or influence—with enthusiasm you become the master of these.
- Combine enthusiasm with faith and initiative, and you can move mountains and achieve results unheard of.
- Whatever it is that you're trying to accomplish, whether it's writing a novel, getting your start-up off the ground, getting a promotion at work, and so on, enthusiasm will give you the energy that you'll need to keep running all the way to the finish line.

Apply these strategies and you'll have so much energy, you'll be unstoppable.

- 1. Follow your bliss.** There is no better way to generate enthusiasm than to be engaged in an activity that you enjoy and to do work that you're passionate about. If your current situation is such that you cannot be engaged in the work which you like best, decide what it is that you want to be doing and focus on the fact that you'll be engaged in that particular work at some point in the future. Even if you're not currently standing where you would like to be, you can generate enthusiasm by facing the direction in which you want to go.
- 2. Think of the things that you want to attain.** Here's a quote from Hill's "The Law of Success": "The home you intend to own, the money you intend to earn and place in the bank, the trip you intend to take when you can afford it, the position in life you intend to fill when you have prepared yourself, and the preparation itself—these are the things that produce happiness." Become enthusiastic about these things, regardless of your current station in life. Keep thinking of the time when you'll be ready to turn these things into reality.
- 3. Have a plan.** Creating a plan will fill you with enthusiasm to get up each day and follow through on your plan. Driving around without a map—that is, trying to achieve a goal without having a plan—can soon use up all of your motivation. However, when you know where you want to go—see point "1" above—and you have a map that shows you how to get there—you'll be pressing down on the gas pedal and moving ahead at full speed.
- 4. Get out of victim-mode.** Nothing zaps enthusiasm faster than seeing yourself as a victim. Look at the following two scenarios:
  - You're constantly thinking: "There's nothing I can do to get the promotion that I want because my boss hates me."
  - You're saying the following to yourself: "I'll never be able to raise the capital that I need for my start-up because banks just won't lend money to people like me."
 If your thinking is in line with the two scenarios above—that is, if you're thinking like a victim—, how can you possibly generate enthusiasm? In order to generate enthusiasm, you need to see yourself as a creator. That is, recognize that you can continually take the steps that you need to take in order to get what you want, regardless of what other people, or even life itself, throw at you.
- 5. Surround yourself with people who are enthusiastic and optimistic.** Befriend people who will encourage you and challenge you to achieve your goals. Enthusiasm is contagious; when you're around people who are enthusiastic about their lives and about their work, their enthusiasm will rub off on you. If you can't find people who are enthusiastic, surround yourself with videos and audio programs of people who are enthusiastic. Steve Pavlina—owner of the blog "Personal Development for Smart People"—finished college in three semesters. He writes that going through college this quickly meant having eight-hour days of classes. In order to keep a positive can-do attitude, despite his heavy workload, whenever Pavlina had a break between classes he would listen to audio programs by Earl

Nightingale, Zig Ziglar and others. Pavlina explains that this kept him enthusiastic and on top of his studies.

**6. Stimulate yourself into a state of high enthusiasm.** Hill explains that everyone has something that arouses their enthusiasm—it could be something like the following:

- Going to museums to admire fine paintings;
- Listening to music;
- Spending time in nature;
- Wearing clothes that make you “look the part”;
- Reading books by authors that you admire; and so on.

He adds that all people of outstanding achievement have discovered ways and means of stimulating themselves into a state of high enthusiasm. Identify activities or situations that energize you, and engage in them as often as you can.

**7. Ask questions.** Earl Prevette explains that one of the best ways to generate enthusiasm in yourself is by asking yourself questions about your abilities, your ideas, and your progress. Likewise, if you want to generate enthusiasm in others, ask them questions. Prevette says the following: “Ask enough questions and you will find the answer. Asking questions starts an endless chain of ideas, each one suggesting several others. Most inventions and improvements are the result of questions. Someone wanted to know the answer.” Questions stir up ideas, arouse response, stimulate interest, and create desire. That is, they generate enthusiasm.

**8. Develop the right attitude.** Another method which Prevette recommends in order to generate enthusiasm is to have the right attitude. Attitude is getting the right slant on the thing you are doing. Prevette explains that when he became a salesman he adopted the attitude that he was creating and developing ideas to help others. This perspective gave him the spirit to sell; he was eager to find ways to fill the needs of others, and to fill those needs well. Here’s a quote from Prevette: “The right attitude toward your job taps a hidden reservoir of knowledge and experience, and puts to work every available force to aid you in the accomplishment of your goal.”

**9. Give all of your attention to what you’re doing.** Still another way to generate enthusiasm is by giving your full attention to what you’re doing. Prevette explains that doing any job well requires concentration of thought. Integrate your mental attributes completely, pull together, and pay strict attention to what you’re doing. Here’s what Prevette says: “It is not putting in hours, but putting yourself into the hours that wins promotion, earns more money, precipitates an increase in salary and gets you ahead.” Whatever it is that you’re doing, look for ways to pull your attention together and place it fully on the activity that you’re carrying out. It’s very difficult to generate enthusiasm when half of your mind is on one thing, and the other half is thinking of something else.

**10. Get your energy level up.** It’s hard to generate enthusiasm when you feel tired. Make sure that you have the physical energy to be able to generate lots of enthusiasm by getting enough sleep, eating healthy food, and getting regular exercise.

**11. Lower your levels of “bad” stress.** Stress isn’t always a bad thing. In fact, if you want to achieve anything noteworthy in life, some tension is necessary. Look at the following:

- To achieve great things you need to learn and grow; that is, you need to step outside of your comfort zone on a regular basis.
- To get things done, you need to set deadlines. Challenging yourself to try new things and striving to meet deadlines is stressful. However, setting deadlines that you can keep and striving to meet challenges that you can achieve by making some effort, creates good stress.
- Bad stress is when you’re pushing yourself too hard, and you begin to feel overwhelmed and that you’re losing control. Bad stress will zap away at your energy and make your enthusiasm plummet. There are many things you can do to lower your stress levels, such as taking up yoga or meditation, decluttering your mind and your space, prioritizing, and simplifying.

**12. Use your physiology.** If you’re trying to generate enthusiasm, use the body posture and the tone of voice that you use when you’re talking about something that fills you with excitement. Move and talk as if you’re full of enthusiasm, and your emotions will soon follow suit.

**13. Apply your strengths.** Whatever it is that you’re working on, you can become enthusiastic about it by applying your strengths. For example, if you’re an artist but you’re currently doing office work, look for ways to add visual elements to your work. As a second illustration, I had a friend in law school who

