

Positive Attitude

How To Get Ahead, Take Full
Advantage, And Enjoy



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In every aspect of your life, your attitude plays a big role. If you want to get ahead and be content in your life, then you have to make your attitude your ally.

Your attitude reflects in everything you do and everything that happens to you. What is referred to as The Law of Attraction is the concept that whatever you put out comes back to you. This is the whole idea of making your attitude your ally.

In order to make your attitude your ally, you have to learn what that means. You have to learn how to make your attitude positive and how to implement the idea of making your attitude your ally in your life.

It is going to take some work in order to be able to make your attitude your ally, but it is well worth it. As you will learn your attitude can paint your whole life and you can change everything about your current situation just by letting your attitude lead you.

What Does It Mean to Make Your Attitude Your Ally?

When you figuratively look at the idea of making your attitude your ally, what you see is that it, basically, means the attitude you display is going to reflect in the path you take in life. In other words, your attitude will affect your life and it will help in determining what happens to you.

Let us break it down and look at what ‘make your attitude your

ally' really means in simple terms.

First, you have to define what an ally is. An ally is basically a path you travel down. Your attitude is the way you act, think, and treat those around you. Your attitude affects everything in your life. It greatly affects the way you think and how others treat you.

Now to make your attitude your ally would mean to let your attitude guide you. Your attitude is going to shape everything in your life. You are going to be traveling down the path which your attitude leads you.

So, the best thing to do is to adapt a positive attitude so your ally is a positive path. You have to choose to adopt a positive attitude in order to make it your ally.

Making your attitude your ally is about choosing what that ally is going to be. Is it going to be negative or positive? Is it going to be about hard work or laziness? The attitude you choose to have in life is going to influence everything that happens during life, so choose that ally wisely.

It is a common understanding that your attitude shapes many aspects of your life. Many people believe that a positive attitude brings about positive things, while a negative attitude brings negativity.

A positive attitude has a way of even influencing your environment, but it may not be in the way you think. Just because you have this positive attitude does not mean that

everything will automatically go your way.

When you think positively you will be less likely to see the negative in things and therefore your environment will appear to change. You will probably start to notice the little things more than ever before and that will have a nice effect on you.

You will be able to start believing in yourself. It will allow you to believe that you can accomplish something if you put your mind to it. You will be able to set goals and reach them because you will believe that you can do it. You will not have that negative energy to hold you back.

A positive attitude is very influential. It will start to shape everyone and everything around you. You are going to see the great power it has almost immediately. The power of a positive attitude is anything but subtle.

With this in mind, you have to decide what it is you want from life. Do you want positive things or negative things? That is really a silly question because most people are going to quickly say they want positive things, of course.

People can deal better with positive things than with negative things. People want to have a happy life without problems. They want that life that seems to just flow without road blocks and challenges around every corner. Of course, most people are going to choose a positive path for their life rather than a negative one.

In order to have good things happen you need to be very conscious to make your positive attitude your ally. You have to conduct yourself in positive ways, think about positive things, and live in a positive manner – you have to make your attitude your ally.

Ways to Make Your Attitude Your Ally

In order to get the influence of a positive attitude you have to first learn how to make your attitude your ally. How do you make your attitude your ally?

It is all about believing in the idea that your attitude affects your life and what happens to you. If you struggle with believing that if you think positive that positive things will happen, then the first step in making your attitude your ally is to change your way of thinking.

You have to believe in the idea that positive attitude equals positive results. You have to start looking for proof. It should not be hard to find, since positive influence is all around.

Try it out for yourself. There is no better proof than seeing it firsthand. Take one day and commit to having a positive attitude all day. Take notice of how others react to you.

Are they friendlier? Do people seem to help you out more than usual? What other things happen during the day? Can you see the positive attitude influencing other things in your life during the day?

Once you have convinced yourself that your positive attitude really does influence your life, then you can begin to put the idea of making your attitude your ally into play.

Keep up the positive attitude. Let it influence your life and let it lead you to good things.

Eventually it will. You will start to see how it is bringing good things to you.

Making your attitude your ally should incorporate your ideas, the way you think, your actions and body language and even your goals.

You have to make an effort to start turning all your thoughts and ideas into positive thoughts and ideas. You have to start pushing the negativity out of your head and let positive thoughts guide you.

Every time you start to find your thoughts drifting to the negative, you have to make a conscious effort to make them positive instead. It helps to train yourself to always find the positive in anything. If you train your thoughts to go to the positive it will go a long way towards changing your attitude.

Your body language says a lot about you. Body language can tell others all about your attitude and personality. That is why it is incredibly important to make sure your body language is positive.

Body language is the movements of your body, the way you

hold your body, and facial expressions, including eye movement. It often corresponds with our attitudes and sometimes contradicts what our words are saying.

When our body language and our words do not match, people are likely to believe the body language as it is often an unconscious thing that gives away the truth.

Positive body language is when your body is open. You do not want to do things that close your body off, like crossing your arms. You want to make eye contact and face people when talking to them.

A smile is the best body language you can display to others. Keeping a smile on your face will also benefit your attitude. Smiles have a way of making you feel good, so always be sure to have a smile on your face.

Goals are important in any aspect of your life. Goals can help you make things happen.

Setting positive goals and sticking to them will help you maintain your positive attitude.

By maintaining your positive attitude and letting it lead you to good, you are making your attitude your ally.

Definition of a Positive Attitude

Just to put it out there in clear terms, here is a checklist of what

a positive attitude is and what it involves.

Use this checklist to make sure your attitude is 100% positive. A positive person will have the following characteristics:

- * Upbeat and cheerful
- * Looks at the glass as half full not half empty
- * Can find the beauty in anything
- * Thinks of the good before the bad
- * Loves life
- * Avoids negative words
- * May seem silly at times
- * Loves to have fun
- * Never puts others down
- * Genuinely cares about those around him/her
- * Looks for ways to make others lives better
- * Is a giver, not a taker
- * Does not hurt others

- * Can see the solution over the problem
- * Willing to work towards goals

Do the things on this checklist seem like you or are they the opposite of how you act? If you really want to be a positive person, you will make yourself fit this checklist. You will strive to become everything here and to become a person that can honestly say this list describes them perfectly.

There are many ways you can begin to shape yourself into a positive person. Take some good tips to put to use in your life and help you become that positive person you strive to be.

Positive Living Tips

It is rather simple to separate the positive from the negative. However, it can be quite difficult to stop yourself from running to the negative. This is simple human nature. It is something we are programmed to do. Do not feel bad about this natural inclination.

Instead, choose to do something about it.

Here are some tips for adding some positive influence to your life:

1. **Find a happy place.** Create a place in your mind that is your ideal paradise. When you feel stressed or down just go to your happy place, relax there and enjoy it.

2. **Get a hobby.** Doing something you enjoy and that will raise your spirits and allow you to maintain a positive attitude.

3. **Exercise.** While many people look at exercise in a negative way, it really can bring positive influences to your life. The body's reaction to exercise is a good one. You will feel better and therefore act better if you adopt an exercise routine.

4. **Find affirmations.** Affirmations are sayings, verses or other short pieces that have a positive influence. Affirmations can be a quote, a verse from the Bible or even a line from a greeting card. They are simply something that make you think positive or even just bring a smile to your face. Using an affirmation daily can perk up your attitude in an instant.

5. **Exploring new things.** Instead of walking away from the unknown, walk towards it.

6. **Do not walk away from a challenge.** Let yourself accept challenges and try creative ways to deal with them.

7. **Make a mess.** Make messes to learn. Do not get caught up in caring about the mess. Happiness can be messy and unrestricted.

8. **Ignore the rules.** You can end up having a fun time simply because you are doing something you were specifically told not to do. Defying authority can be an adrenaline rush. Break a few rules now and then.

9. **Pretend.** The imagination is a wonderful thing. Allow yourself to go to some make believe place. Get away for your

normal life and pretend you are someone else. Have fun and you are sure to smile.

You can take these tips and build upon them. You can surely come up with things that have a way of making you happy. You know what makes you smile, so take that and run with it. Allow whatever it is that makes you happy to guide you to your new positive attitude.

Using Your Attitude As Your Ally

It may seem easy to just make your attitude your ally. You probably will not need a lot of convincing to at least give it a try. What do you have to lose? If you are used to letting your attitude lead you, then it is something you are already familiar with.

People make their attitude their ally all the time. Most of the time they do it without even realizing it. Unfortunately, most of the time the attitude is a negative one.

It is often easier to see how a negative attitude acts as an ally than how a positive attitude acts as an ally. This is just human nature to see negative over positive. We are more often drawn to drawing out the negative over the positive. Pessimistic attitudes seem to flood the world, while optimism is slowly drowning.

You can probably come up with many examples of how negative thinking or a negative attitude has turned into a negative situation. You can probably point out negative people

and give plenty of examples how that negative attitude is influencing their life.

You may even be able to look at your own life and see how negativity has affected you.

It's likely you have let a negative attitude direct you in at least one situation in your life.

Can you remember a time when your negative attitude caused problems in a situation?

You can probably look at it now and see just how the negative attitude worked against you. Even if the situation was not a positive one to begin with, your negative attitude likely comes into play.

While this can teach you about how your attitude can become your ally, it also teaches you that you want to do everything possible to make sure your attitude is positive.

If you really want to make your attitude your ally and you want that ally to be positive, then you need to start looking at the positive. You have to train your mind to find the positive in everything.

You have to ignore the negative. Take the negative you can not ignore and turn it into a positive. Your ally does not need to be crowded with negativity.

Imagine your ally. An ally filled with negativity is crowded.

There are road blocks and other things that get in your way or cause you to not be able to walk the path you choose. You may even have to work to get around these negative things.

If your ally is positive, then it is filled with positive things. There are no roadblocks that you can not handle. Anything that falls in your way is easy to get past. With an ally filled with positive things you will find that it is easy to travel and that you can get past anything that may come into your path.

You can clearly see that a positive attitude is much better than a negative attitude. You would, obviously, rather have an ally that is easy to get down, than one filled with things that get in your way and slow you down.

Using your attitude as your ally involves many levels of changing your life. You will have to change things you daily, through your interactions with other people, your thoughts and your goals.

As mentioned, the way you shape your thoughts and goals will go a long way towards helping you shape your attitude and making your attitude your ally. Make sure you make a conscious effort to keep these things positive.

When you interact with other people you are basically broadcasting your attitude. You want this to always be positive. People will react to you in a positive manner if you approach them in a positive manner. Your interaction with others is very important in your life.

You want those interactions to be positive. This will allow you to bring positive things into your life. A good example is during a job interview. If you approach the interview with a negative attitude then you likely will not get the job.

Go to the same interview with a positive attitude and you have a better chance of getting that job. The way you approach others can have a huge impact on your life, so make sure you are using your attitude as your ally when interacting with others.

Your attitude should be your ally everyday. It will take some time to make it routine. In the beginning, you will likely have to work hard to make sure you are being positive in every aspect of your life. You will have to make an effort to stay positive and to think positive. It can be difficult, especially if you often give in to negative thoughts and actions.

It is also common when you approach a situation in a positive manner that you end up having a positive experience. People are more likely to help you and to go out of their way to make sure you get what you need when you approach things in a positive manner. So with your attitude as your ally, you are opening yourself up to a lot of positive experiences.

Using your attitude as your ally is about making everything in your life positive. That means associating with positive people, keeping yourself in positive situations and surrounding yourself with positive things.

You have to get rid of negativity. You have to start being positive about everything. By doing this, you are creating your

ally. You are paving your road with the positive and this will lead you to positive results.

What Making Your Attitude Your Ally Can Do For You

Once you start to live the idea of making your attitude your ally you will start to see changes, especially if you have been living with a negative attitude and have decided to change it to a positive attitude.

Adapting a positive attitude and making it the ally you travel through will impact your life in many ways. You are going to start to see the positive influence right away.

People are going to start treating you in a more positive manner. People respond positive to someone who greets them with a positive attitude. I am sure you have experienced this before. Think of a time when you gave a stranger a smile. They most likely smiled back, didn't they? That is a positive attitude at work.

It will not be that subtle either. You will be using your attitude to influence people in other ways, too. As you start to adapt your positive attitude to your life, you will begin to be able to see the positive in everything.

No matter what happens to you, your positive attitude will help you through it. You will find a way to overcome almost anything without getting mad, upset, or depressed about it. Basically, you

will learn how to look at life differently.

You will be able to approach problems and difficult situations better. You will be able to handle adversity better. You will be able to overcome things that before would have dragged you down.

Making your attitude your ally may go even deeper than you could ever have imagined. If you suffer from an addiction, like smoking cigarettes, you may be able to quit once and for all just through making your attitude your ally.

Think about why you smoke. Many people give reasons such as they smoke to deal with stress, to calm them down, to relax. If you have a reason like this, then you will no longer need to smoke once you make your attitude your ally. This is because you will be able to handle stress on your own.

You will also be less likely to experience situations that you feel you can not handle. You will no longer reach for addictions, like cigarettes, to help you through stress because your attitude will be guiding you instead.

Quitting your smoking habit will become something that you will feel you can do because you will not feel that strong psychological need for a cigarette anymore. It is possible to help yourself through a hard habit, such as smoking, with your new positive attitude.

Making your attitude your ally will transform your life. You are going to be projecting a positive vibe and it will come back to

you. You will start to see how positive things happen in your life. You will begin to draw positive influences to you. You will become a magnet for positive things. It will almost seem strange how much your new positive attitude affects your life.

You can look at making your attitude your ally in many different ways. It really depends upon your personal ideas and thoughts. Some people may believe that it is along the lines of karma and what you send out will come back to you. Others may believe it is simply a mental thing, where you think positive and therefore you see positive.

No matter what your opinion is on how a positive attitude works in your life, the bottom line is that making your attitude your ally is a winning idea. You cannot deny the power of making your attitude your ally once you start implementing it in your life.

A Constructive Example of Making Your Attitude Your Ally

It can be quite easy for someone to just tell you that making your attitude your ally is a good idea. However, until you actually see it at work, you may not fully believe in the idea. Here is a story about how making your attitude your ally can work beautifully. How it can help transform a lousy life into something great.

Janet was quite the pessimistic person. Janet approached every situation thinking the worst would happen. She never tried to

even think positive. Janet rarely smiled and she often spoke negatively about everyone and everything in her life.

Janet had high blood pressure, no close friends, a job she hated and she was deep in debt. She read an article about how making your attitude your ally will help guide you in life and how that attitude needs to be positive if you want a happy and productive life.

Janet considered what she had read and decided to put the idea to work for her. She figured she had nothing to lose.

The next morning when she woke up, the same negative thoughts began creeping into her mind. Instead of embracing them as she usually did, she pushed them away and replaced them with positive thoughts.

Instead of anticipating the traffic jam she usually encountered on the way to work, she thought only about her favorite song laying on the radio and thought about how lucky she was to be able to hear that morning.

When she reached her office, instead of simply rushing to her office as she usually did, she smiled at a few co-workers and stopped to have a chat with the secretary.

Her boss even acknowledged her good work on the project she had just completed when he came in. She noted that if she had rushed to her office, she would not have even been standing there for him to talk to.

Later that day her boss called her into his office. He talked to her about how she seemed different today. He said he was glad to see her that morning because it reminded him of what a good worker she is and he realized she was perfect for the opening in management that he needed to fill.

Janet ended up getting a promotion.

After that day Janet kept making her attitude her ally. She trained herself to be positive and things started to really look up in her life. She made some friends at work and she started to feel better about herself and her life.

When Janet turned her attitude into a positive one and made her attitude her ally, she started to live a life she could only long for before.

The same thing could happen to you. Make your attitude your ally and see how it works out for you.

Why did this work for Janet? Take a constructive look at her situation.

Janet usually sat in traffic and fumed about how it was slowing her down. She went straight to the negative and even though her favorite song had probably played on the radio during her morning commute, she was so stuck in the negative that she never even heard it.

Today, Janet was open to hearing the song and when she did hear it she got a slight boost in the way she felt. It was that slight

boost that helped her to remain calm and relaxed while sitting in traffic.

Besides the immediate effect of Janet feeling more calm and being able to handle her traffic jam, there is also the fact that calming down and letting go of the stress is good for her health. Her blood pressure and pulse were likely lower than normal and that is great for her heart health.

Janet never greeted anyone in her office with any positive motions. She just went to her office every morning and sat by herself. Today, she actually took the time to smile at coworkers and to even talk. She was able to start building relationships at the office which will help her to be happier about going to work and enjoy the office much more.

Having her boss come in while she was socializing gave her some much needed face time with him. Had she not been out there he would have never even considered her for the promotion.

Janet made many changes in her life just in one day. Imagine what could happen to you.

Could making such a change impact your life in a big way too? Yes it can. So you have nothing to lose by allowing yourself to try making your attitude your ally.

Summing It Up

Now that you have learned what making your attitude your ally means and how to implement the idea in your life, you can clearly see it is an idea worth putting to the test.

Through the ideas presented here you should be able to get started making your attitude your ally. You should find changing your attitude to a positive one is quite simple.

Once you put your mind to it, there is nothing stopping you from reaping the rewards of having a positive attitude and making it your ally.

It is all about taking that first step.

You have to decide to be committed to the process. You have to commit to becoming a positive person. You have to set a goal to become a positive person and let that positive attitude lead you.

Goals are very powerful. They can drive you and help you to accomplish things. When you have a set of goals you work harder and you feel as if you have to accomplish them. Set your goal to make your attitude positive and to make your new positive attitude your ally.

Remember what making your attitude your ally can do:

- * It can help you to look at life in a positive way.
- * It can allow you to see challenges and adversity in a new

light that you are able to handle.

- * It can help reduce stress.
- * It can help you influence others to live in a positive manner.
- * It can make you a new person.
- * It can allow you to begin to love life.

Keep Janet's story in your mind and let it help you to stay committed towards your new positive attitude. Let the examples from her story remind you that good can come from all of this work.

You have learned what making your attitude ally means. You know that by projecting a positive attitude you will reap positive rewards. You learned what exactly a positive attitude is and how you can start to make your attitude positive.

You are armed with loads of information on how to become a positive person and how to live a positive life. The rest is in your hands. No one can force you into living positive. No one can make you make your attitude your ally. However, after all you've learned can you honestly say you would pass up the opportunity to make you life so much better?

Do you not want to see how great your life can be?

Are you sure you can live, knowing what you know now,

without at least giving it a try?

Chances are you are now so excited about the possibilities that a positive attitude is all you'll think about over the next few days. Subconsciously you will start to change and by then, it will be too late to even consider ignoring all you've learned.

You will be on your way to making your attitude your ally without even putting up much effort. You will surely start to reap the rewards. But why wait? Making your attitude your ally is something that you can begin doing today, so what is holding you back?

Drop the negative thoughts. Put a smile on your face and start projecting your positive attitude to everyone. Take all the tips and advice you've read here and put it to use.

Make your attitude your ally. Change your life. Become a better person. Help those around you live a better life. Become a role model. Be everything you can be.

You have nothing to lose and everything to gain, so make your attitude positive. Then take your positive attitude and make your attitude your ally. Do it now and you will never want to go back to being a negative thinker again.

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