

3 tips to help you unlock positivity



Positive thinking can give you a fresh perspective, even in uncertain times. It is about making small changes that can help translate positive thoughts and make you feel better.

1 FOCUS ON WHAT YOU HAVE

Be content and grateful for what you have. Thinking about what you don't have or can't do will only make you more stressed and dissatisfied.



2 EMBRACE OPTIMISM

Taking a more optimistic outlook in life will help you look out for solutions instead of over-dwelling on problems. Tell yourself there are alternative solutions and ways of thinking to address the issue you are facing.



3 USE ENCOURAGING WORDS

Use encouraging words such as 'I can', and 'I am able to' while thinking and talking - these affirmations can give you a boost and change how you look at a situation.



Use [My Positivity Guide](#) to reassess situations that are bringing you down.