

BE POSITIVE

- ✓ Smile
- ✓ Start and end your day by being thankful for something...anything!
- ✓ Listen
- ✓ Focus on the good, no matter how small
- ✓ Show gratitude
- ✓ Be nice
- ✓ Praise others
- ✓ Stay away from negativity and don't repeat it
- ✓ Use only positive words; positive messages always have more impact!
- ✓ Offer and accept help
- ✓ Get involved
- ✓ Give more
- ✓ Lend a helping hand
- ✓ Be respectful, inclusive, and supportive
- ✓ Don't gossip
- ✓ Express appreciation for a job well done
- ✓ Share credit
- ✓ Celebrate successes
- ✓ Work hard
- ✓ Smile and keep things light
- ✓ Step up to the plate when necessary
- ✓ Bring up issues when they arise; don't wait and let it fester
- ✓ Be honest, admit mistakes
- ✓ Be appreciative
- ✓ SMILE!!! NOW!!!

EFFECTS OF POSITIVITY



A positive attitude awakens happiness. Happiness comes from inside.

A positive attitude increases your motivation to succeed, to push you forward.

A positive attitude will help you to have a better opinion of yourself. When you have a more positive attitude toward yourself it will show and people will have a better opinion of you and treat you with more respect. It will enhance your self-confidence, your courage, your inner strength.

Positive thinkers have more energy and are healthier than negative thinkers. The mind has a strong effect on the body and health.

Positivity leads to improved relationships. People tend to gravitate and like positive people and keep distance from negative people. Positive people bring joy and uplifting energy and are fun to be around.

Lower turnover.

Increased sense of camaraderie.

Improved customer service.

Positivity can be contagious.

Where everyone feels like they are on the same positive team, the effort is collective and everyone's ideas are valued and welcomed.

EFFECTS OF NEGATIVITY



Negative employees can chase away every customer they speak to.

Negativity can decrease morale and productivity.

A negative person can make a work setting depressing for everyone.

Negative emotions are associated with decreased life span, increased risk of heart attack and strokes, greater stress, less energy, more pain.

Negative people have fewer friends.

A negative attitude doesn't just put others in a bad mood, it has a tangible measureable impact on how the office and your home functions.