

Happier Living: 5 Easy Ways to Be More Positive

Diana Reid | [Purpose Fairy](#)

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

It can be laborious to stay positive at times, especially when things take a slight turn away from how we imagine our plans should turn out. But what really matters is staying positive most of the time, not letting the fears of what ‘might’ happen control you into getting worked up and stressed out. Incorporating positivity into your life has many benefits some you probably didn’t even know about!

For me when I was younger (late teens, early twenties) you could say I was a positive thinking person to the point where people used to ask me whenever a crisis occurred, what are you going to do? Aren’t you worried? I always stayed positive and knew the outcome would be ok, but as I got older this wasn’t the case with more responsibilities to take on at work and home and becoming uncertain about my future my fears took over leaving me not knowing what to do until I remembered how I used to deal with these kind of circumstances. That was to stay positive, no matter what. You can too by following the ‘5 ways to stay positive’ revealed within this guide as well as exploring the benefits of being a positive person.

While some people are more positive than others you can become a more positive person even if you think this is not true.

Why Should I Bother?

Why shouldn’t you! For a start [research](#) shows you can live longer just by being a positive thinker as well as a smaller chance of becoming depressed or distressed and not to mention,

you're less likely to catch a cold. Overall positive people are happier and healthier. Learning to become more positive will allow you to cope better in stressful times.

5 easy ways to be more positive

1. Affirmations

Which are known as positive statements, let's try some out:

I am so happy and grateful I now have _____ (fill in the blank)

It's so wonderful to _____

Truth is every day we are subconsciously or even consciously making thousands of negative statements about ourselves or about the circumstances in our life. So in order to stay positive we must consciously make positive statements that also use words that have an emotion like 'happy' or 'grateful' as I used in the example affirmations above. The key is to try and 'feel' the emotion of the words used.

2. Expect The Best

What exactly is the outcome you want? This question relates to a goal, your day or your life.

Do you always expect the worst and then get it?

Begin now to expect the best by focusing on the outcome you want ONLY the outcome you want. NO. MATTER. WHAT.

This has worked for me to stay focused on the good in my life then to have what I expect.

3. Surround Yourself With The Right People

Motivational speaker Jim Rohn once said "we are the average of the 5 people we spend the most time with".

Think about it, how you feel, what you say and what you think depends on who you are with most of the time. When I spend my time around happy and positive people I feel energized. I am also a lot more optimistic about my future.

“Surround yourself with people who make you happy. People who make you laugh, who help you when you’re in need. People who genuinely care. They are the ones worth keeping in your life. Everyone else is just passing through.” ~ Karl Marx (composer)

[4. Make a Good Start to The Day](#)

“The first hour of the morning is the rudder of the day.” ~
Henry Ward Beecher

According to research (and experience) how you start your day determines the rest of it. Do you dread what lies ahead or do you wake up thankful and excited?

Make a good start to the day by first by giving thanks to see another day, second for the bed you slept in! Then think about all the great possibilities your day could bring. Don’t just take my word for it, try it.

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