

Attitude reprogramming

1. Reprogram your morning: the famous Union Benefits Trust recommends people to wake up with a pleasant sound. In other words, stop using a jarring alarm buzzer in the morning. Select a song you enjoy, whether a hard rock, jazz or disco one. It will certainly make your day.

2. Meditate: this complex form of body and mind medicine is renowned for its positive effects on your mind. Meditation involves maintaining an open attitude while accepting those thoughts you're not so keen on. According to the National Institutes of Health, meditation can be practiced by anybody who wants to increase his calmness and overall wellness.

3. Smile: probably one of the easiest positive attitude activities you can do in order to boost your optimism. It is well known that it takes less muscles to smile than to frown. Smiling helps you feel good about yourself and allows you to change the surroundings.

4. Read inspirational quotes and watch videos: whenever you have extra time to spare, try to watch inspirational movies and videos that can lift your spirits. Motivational short stories and inspirational quotes help you be inspired and in the same time inspire your closest friends and family members.

5. Listen to your favorite tracks: many studies proved that listening to your favorite music brings a positive state of mind. The main reason behind this is that it keeps anxiety and depression levels low.

6. Laugh: whether it's reading an inspirational article, sharing a funny joke or watching a crazy video, a good laugh is sometimes all you need in order to get a positive attitude. Laughing is one of the best and most fantastic positive attitude activity, because it helps you remove all barriers within yourself and between you and other people.

7. Compliment chain: this activity can be practiced in large groups to enhance its outcome. All you need to do is to give everybody a piece of paper and tell them to write a compliment or a positive attribute about the person on their right or left. Collect all pieces of paper and then distribute each of them, allowing everyone to read their compliments to themselves. You will soon notice a change in their attitude once they've read the compliments addressed to them.