

10 Positive Thinking Exercises

1. Only use positive words when talking

Replace negative words with positive ones and see what change that will bring in your overall wellness and to others around you.

2. Learn from the past

There is nothing you can do to change the past. Whenever negative thoughts about the past come up, replace them with positive thoughts about the future.

3. Believe in yourself

By believing in yourself you will create a successful reality.

4. Work on visualization

A great motivator to getting you where you want to be is by picturing what you want to accomplish and seeing yourself achieving this.



5. Get creative

A way to counter negativity is by being creative.

6. Appreciate the good

We can get caught up in the bad stuff coming our way that we forget to appreciate the good things. Take a moment each day to think about all the positive things that have happened, no matter how small.

7. Stop criticizing yourself

Lay off the harsh criticism and think positively about yourself when you feel at your worst.

8. Reach out to those who think positively

Positivity is contagious, reach out to family and friends who look on the brighter side and see how your mood changes when you are engaging with people with a positive outlook.

9. Smile

Smiling will make you and others around you instantly feel happier.

10. Choose joy

You have the choice to be happy or not, make the choice to be happy and live a much more joyful life.