

Attributes of a Positive Person

by Brian Hazelgren

Positive people have found that life does not always need to be perfect, and that there most likely will be opposition in all things. There will always be opposing forces to good...it's part of life's glorious plan. None of us can be relentlessly upbeat all the time, but a positive mind-set can be indispensable when the going gets tough.

Hanging around other people who are happy, who are growing, who want to learn, who don't mind saying "can I help you," "I'm sorry," or "thank you" is where to spend your time. These are the people who want to enjoy life. This is the crowd we should want to spend time with, and this is the crowd that we want to always be surrounded by.

Here are a few thoughts on how positive people get through life, and make a positive difference in their own life, and in the lives of others they touch.

Have you ever noticed there are certain attributes of people who have a positive demeanor about them? Some people have to work hard at staying positive, while others remain positive through the thick and thin of the daily grind.

I thought it might be interesting to illustrate some common attributes that people share when it comes to being a positive person. These attributes are certainly not a final comprehensive list, but they're definitely a good start to point out the admirable characteristics of those who find happiness by finding their inner positive self.

The 10 Attributes listed below are some things I have learned over the past several decades. I was recently reminded about the incredibly positive nature of a 13 year old girl that tens of millions have read her diary, and cheered, felt severe anger, and even cried as they read the words that poured out on the pages of Anne Frank's Diary.

Anne Frank was wise beyond her years, and she taught me some valuable lessons when I first visited the place we call Anne Franks House - back in 1982. Even though her story ended in tragedy, her writings have stayed with us for over seven decades as of this writing, and will hopefully stay with many generations to come. Her positive outlook on life is a testament of someone who could see the bigger picture, and try to find the positive side of every situation.

Anne Frank's legacy is one of many that we can look to for a positive example of someone who emulates the Attributes of a Positive Person. Things like:

1. Stay Focused on What Matters Most
2. Have a Bigger Vision
3. Visualize Success
4. Keep Going
5. Be a Teacher/Mentor to Others
6. Get Serious About Health & Wellness
7. Try to See The Good

Fast Fact: These attributes are a good start to point out the admirable characteristics of those who find happiness by finding their inner positive self.

8. Step Up and Make a Difference
9. First Become a Servant
10. Celebrate the Success of Others

As we take a deeper dive into a few of the Attributes that a positive person possesses, take a few minutes to reflect on these next items and see how you can apply these principles into your own life.

Stay Focused on What Matters Most - often times there are too many distractions that we spend our precious time on. Instead of wasting time, spend it on remembering what the end result will be when you focus your attention on what matters most.

Have a Bigger Vision - A myopic view is certainly needed while staying focused on a certain task, but remembering the bigger picture is highly productive - and it helps us build a better ship to sail larger seas and ward the storms. Seeing the bigger picture also keeps us moving in a positive direction.

Visualize Success - We all need to spend more time visualizing what success looks like. Step out of that stressful situation you may find your self in and visualize what success feels like, smells like, tastes like, and looks like. It's very exhilarating to visualize success, and is a necessary element in achieving it.

Keep Going - When life knocks you down, positive people find the strength to get back up. Don't give up, and don't give in to failure. You will always win when you don't give up. Doors will open, people will come into your life, and things will get better. Find that positive inner voice and tell yourself that giving up is not option.

Be a Teacher/Mentor to Others - Even the smartest people on the planet have a mentor in this life. The wisest people all around us have each had a mentor in their life at some point. Positive people enjoy helping others. They teach by example, and enjoy mentoring even when others are not looking.

Get Serious About Health & Wellness - It is a proven fact that when you take care of your body and mind with diet and exercise, you can have a more positive outlook on life. Walking, running, lifting, eating the proper foods, spending time outdoors, and meditating help us to feel better mentally, physically and emotionally.

Try to See The Good - Compassion and kindness reduce stress, boost our immune systems, and help reduce negative emotions such as anger, anxiety, and depression. Seeing the good in things is as simple as looking beyond the negative. When you can do that it will also accomplish enhancing both physical and mental health. Many physical ailments are either precipitated by - or aggravated by stress and forgetting to see the good in situations - as well as in others.

Fast Fact: *Seeing the good in things is as simple as looking beyond the negative, and having compassion and kindness.*

Step Up and Make a Difference - Someone is going to smile today because you brought something of value to them. A smile, a kind word or gesture, wise counsel that they desperately needed, a shoulder to cry on, a soft answer, maybe even an ounce of positivity. Step up and make a difference in someone's life today.

First Become a Servant - Before you can run - you have to crawl and walk. Before you become a star athlete or an entertainer, you have to practice. Before the tree grows and yields fruit, the seed must be planted and nurtured. So it is - before you become the leader that you have within you, you need to serve others. The foundation you build in serving others becomes the solid foundation that you can stand tall on throughout the rest of your life.

Celebrate the Success of Others - Positive people enjoy the experience and journey of finding success. They also enjoy celebrating the success of others. When we turn inward we become selfish and don't like to see others succeed because the light is shined on them. The proud person only wants the light shined on them. When you cheer for others, and get excited to see them succeed you are lifted to higher level emotionally, spiritually, and physically. We all need to work on this every day of our lives and if we hope that others will celebrate our success, we first need to celebrate their success and kick jealousy and animosity to the curb.

Every day has something positive in it. Some days you just have to look a little harder! Let's take some time each day and do some positive exercises to help get yourself in the rhythm of practicing positivity and finding the ways to maintain a positive outlook on life!

*Brian Hazelgren is a Best-Selling author, Motivational Speaker, Podcast Host, and CEO of RX2Live - a medical services company. This excerpt is from his book **Mastering Positive Thinking**. To learn more about this training system please visit www.positific.com or www.rx2live.com.*