

### **33 Tips to make positive thinking easy**

1. Spend time with positive people
2. Take responsibility for your behaviour
3. Contribute to the community
4. Read positive and inspirational material
5. Recognise and replace negative thoughts
6. Establish and work toward goals
7. Consider the consequences of negativity
8. Offer compliments to others
9. Be grateful - create a daily gratitude list
10. Practice self-care
11. Ditch the drama
12. Turn your Can't's into Can's
13. Be kind
14. Find the silver lining
15. Slow down
16. Set your own standards
17. Remember to laugh
18. Replace the negativity in your environment & life
19. Exercise regularly
20. Stop making mountains out of molehills
21. Come back to this moment and stay here
22. Let it out
23. Bring positivity to someone else's life
24. Go slowly
25. Get a positive start to your day
26. Use positive language
27. Accept when things are not perfect
28. Contribute in a meaningful way
29. Keep learning
30. Smile when you are alone and with others
31. Notice when you are thinking negatively and ask yourself how can I turn this around?
32. Repeat positive thoughts until you believe it
33. Be brave and trust yourself