



Positive Thinking

Our *attitude* affects our spiritual *altitude*. It is easy to get in the habit of focusing on what is negative rather than what is positive. Here are three different activities you can try.

- Instead of recounting the negative aspects of your day, try asking yourself “What went right today?” Write about it in your journal.
- When something negative happens, think about whether it is something you could prevent from happening again. Is there something you could do to change the outcome? Write about what you could do differently.
- If you find yourself being critical of another person, think of three positive, truthful statements about the person. Looking for what is good in that person will help you keep a healthier perspective.