

8 simple ways to maintain positive thinking about life

The important thing is not what happens to you but how you react to it.

Life has so many surprises that it is difficult for us to control our emotions. So no one is always happy and no one is always sad.

Today, you are sad but sure, that sadness does not last forever.

Today, you are happy but surely that joy will sooner or later be interrupted by an unexpected event that you did not anticipate.

Today, you laugh and talk, but then one day, you just want to curl up, contemplate and reflect on something that can't be stopped.

We cannot prevent unwanted situations from happening and that is the law of life. Life must have moments of rise and fall and that is the experience that every person needs to overcome, "to be" to be able to grow more.

Không tìm thấy gì ?? b?n, nh?ng b?n th?c hi?n v?i các vi?c ?ó - Epictetus.

The important thing is not what happens to you but how you react to it.

Here are 10 simple ways to help you maintain positive thoughts every day. Remember that no matter what happens, you can't change that. However, you can control it by accepting and adjusting your response.



1. Meet and talk with optimistic people

Most successful people and billionaires in the world have the same secret that they are always socializing, making friends with people with positive thinking. The more they are with these people, the more they will be able to spread their enthusiasm, happiness and optimism, which is the foundation for every failure, they never give up.

See also: **10 thoughts that help increase the effectiveness of successful people**

If you are sad, depressed and frustrated about your life, you still stay with the negative people and listen to them whining about injustices in life, how can you escape "prison"? That spirit? If you don't change, how can you be able to cope with more severe events in the future?

2. Identify the problem and learn how to take responsibility

In order to think positively, you first need to realize what negative factors are engulfing you and stop thinking that you are the victim of a certain situation. Because the more you think you are a victim, the more you see injustice.

See also: **15 signs that you are living too negatively**

Understand the problem, the cause and who is responsible? If the responsibility belongs to you, be ready to accept the error and plan for immediate repairs. If responsibility belongs to someone else, first stop blaming them (because when you blame others, you are also spreading negative thoughts for them and making matters worse. more) and see if you can do anything to save?

Remember that everything in life happens for a reason and any experience will give you certain lessons. It is important that you recognize those values ??or not?

3. Helping others

Success or joy is not just about what you get, what you can do but how much you give away. Because what you get is also thanks to others "for" you.



You can't say you're rich because of you, but if you don't have employees and customers, how can you maintain a strong company? You can not say you create happiness while sad times, are you looking to your close friends to pitch the confidant?

So, be ready to help others, take part in volunteer activities or protect the environment every time you start having negative thoughts? A job is small, but it will create a huge effect to help you appreciate your life more and no longer feel depressed.

4. Read books / watch inspirational movies / videos

Reading books, watching movies or watching videos about living meaning, being happy, living beautiful, motivating or inspiring is one of the best ways to regain joy and positive energy. If you've never tried this, it's time, you should set aside a certain amount of time during the day to relax by enjoying them.

5. Think about goals

People with goals are often less pessimistic about life than those who do not. Simply because whether they fail or are depressed, they all think about what they want to achieve in order to continue to stand up. They are always mindful of nothing that can defeat them unless they allow it to happen and this is also the biggest motivation for them to become warriors in their lives.

If there is a goal, always aim for your goal when you start to think negatively. Surely you cannot fall when there are so many things still unfinished and you always desire it.

6. Write down things that make you grateful



There is a grateful book and write down what you have to be sad, watch it and see how "rich" you are to be a great way to repel negative thoughts. Many people have created this book for themselves and they are living very happily, so why don't you?

7. Make a successful book

Book success or Done List is a book that records what you have done. Similar to the book of gratitude, the success book will also create great effects if you know how to make use of it.

Write down your achievements, big or small. That might be the answer of a question you have to think about for days, solving an IQ puzzle, helping someone on the way home, today you make colleagues happy, complimented by your boss. praise for completing the work on time or anything else. Then, at times of sadness and inferiority, review this book, you will find yourself doing a lot of things.

8. Get up early

Often when sad, depressed, many people have a habit of lying in bed and thinking. This is an extremely bad habit and makes you more tired than before.

From today, every time you have negative thoughts in your head, the first thing you need to do is get up early, get up earlier than usual and start mobilizing. Go outside to exercise, breathe in the fresh air, move the house or practice meditation, yoga . so that the body no longer "remembers" the feeling of being in bed.

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