

Character Matters How To Maintain A Positive Attitude

1. Understand the _____

2 Corinthians 4:16 *That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.*

https://www.mindtools.com/pages/article/newTCS_89.htm

2. Reset your _____

a) _____

Genesis 17:17 *Then Abraham bowed down to the ground, but he laughed to himself in disbelief. "How could I become a father at the age of 100?" he thought. "And how can Sarah have a baby when she is ninety years old?"*

b) _____

Philippians 4:6 *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

c) _____

Ephesians 1:11 *...he makes everything work out according to his plan.*

3. Develop _____

1 Samuel 7:12 *Samuel then took a large stone and placed it between the towns of Mizpah and Jeshanah.^[a] He named it Ebenezer (which means "the stone of help"), for he said, "Up to this point the LORD has helped us!"*

Learned Optimism in a single sentence: *The optimist's outlook on failure is "What happened was unlucky (not personal), a temporary setback (not permanent) and just for one of my goals (not pervasive)".*

Permanence: Belief that something we are experiencing is either permanent or temporary. Pessimists think bad times will carry on forever. Optimists show confidence that you'll be able to get things back on course quickly.

Pessimist: I lost my job and I'll never find one as good again. No point even looking!

Optimist: I lost my job. Thank goodness there are other opportunities I can explore!

Pervasiveness: You think if you've experienced a problem in one place, you'll experience that problem wherever you go.

Personalization: Believing that something about you influenced the outcome or that something external to you caused it. You tend to blame yourself for bad things, rather than attributing the cause to more general factors. ([Mindtools website](#))

A – Activating factor

B – Belief that's distorted

C – Emotional Consequence

D – Dispute the negative thought

E – Exchange it for a positive thought

Creating lasting positive change

(Do for 21 days in a row)

- Gratitude: Three new things your grateful for every day – you begin to scan your world for the good, not the negative
- Journaling: Write about one positive experience over the last 24 hours – it will allow your brain to relive it.
- Exercise: It teaches your brain that your behavior matters.
- Random Acts of Kindness: Write one positive email every day, praising or thanking someone.