

**Character Matters**  
**How To Maintain A Positive Attitude – Part 2**

**1. Understand the power of positive**

Key: It's powerful

Key: It's not a personality trait

**2. Reset your brain to positive**

a) Tell better stories

**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.*

*Father, this is so painful. But you have promised to bring good from this. Thank you for your promise. I believe it's true. I look forward to seeing what you will do.*

**3. Develop** \_\_\_\_\_

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

**Psalms 50: 14** *Make thankfulness your sacrifice to God, and keep the vows you made to the Most High. Then call on me when you are in trouble and I will rescue you and you will give me glory... But giving thanks is a sacrifice that truly honors me.*

**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)".*

**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.
- Engage in "mental subtraction." Imagine what your life would be like if some positive event had not occurred.

**Make two lists**

On one list identify the grievances, disrespects and bad breaks:

- People who don't like you.
- Deals that went wrong.
- Unfair expectations.
- Bad situations.
- Unfortunate outcomes.
- Unfairness.

It's all legitimate, it's all real. Don't hold back.

On the other list, write down the privileges, advantages and opportunities you have:

- The places where you get the benefit of the doubt.
- Your leverage and momentum.
- The things you see that others don't.
- What's working and what has worked.
- The resources you can tap.
- The things you know.
- People who trust you.

Now, take one list and put it in a drawer. Take the other list and tape it up on your bathroom mirror. Read the list in the drawer once a month or once a year, just to remind you that it's safe and sound. Read the other list every day. The daily list will determine what you notice, how you interpret what you see and the story you tell yourself about what's happening and what will happen. *You get to pick which list goes where.* Picking your list is possibly the most important thing you'll do all day.