**Free Report – The Power of Positivity**

Wondering if it's possible to change your life by being more positive? I believe it is. But then I would because I made the decision to be more positive about 15 years ago and my life has changed accordingly. For me it's been a combination of adopting a new belief that being positive matters and experimenting with different strategies all backed up by research in brain science, cellular biology, and various studies.

People around me sense that it’s working for me because they seek me out for a positive boost. They’re not surprised when I win yet another raffle at a networking session or get invited to the last Oprah's favorite things show.

My life wasn't always like this. I have had my share of tragedies, negative surroundings, personal losses. I won't go into them because doing so would just take me back to reliving them which is not healthy for me either mentally or physically. The good news is that those challenges led me to seek out and embrace strategies that would improve my life and ultimately that of the thousands of others I've shared them with.

Jean Chatzky best known for her financial segments on the *Today* show wrote a book called "The Difference" in which she seeks to determine what separates the successful from the unsuccessful. She discovered that people who are more positive have more energy, are more likeable, are more resilient and can persevere longer. Wouldn’t you agree that these are things we want in our lives and in those of the people we care about? I think so. She also said the smallest positive change releases dopamine in the brain which is all most people need to feel better.

I’ve done seminars for businesses on the power of positivity. I came across the Dennison Cultural Survey, a group that studied 1500 organizations over 20 years. Their findings reported that businesses with a positive culture have increased profitability, quality, sales growth and customer and employee satisfaction. Plus I’m sure those with positive cultures are better places to show up to every day. How important is that to a happy life? Very important! If you’re like me, you’ve either been in a job environment that was pretty negative or walked into a space at one time or another where you felt the negative vibe. It’s not a comfortable place to be.

I know for a fact that classrooms benefit from a positive environment. I know because it happened twenty-five times in a course I created for my school called [*Strategies for Success*](http://strategiesforsuccessprogram.com). That’s twenty-five different groups of teens from all grades and abilities in a public high school, not necessarily the easiest group to keep positive. I had the unique opportunity to intentionally create the most positive environment I could and the results both in the classroom and in the school were stunning. How do I know? Because everything changed in the school – the school climate, our attendance and graduation rates, our state test scores. I know because people used to open the door of my classroom to just breathe the positive air. When does that ever happen in real life? But it did. Repeatedly - with both students and adults from all areas of the school.

I truly believe in the importance of a positive life style which is why I've made it my life's mission to spread strategies on how to create this kind of living.

Will you be 100% positive once you learn a few strategies? Of course not. You're human. You'll get tired. You'll be disappointed at certain situations, frightened at others. But the length of time that you spend in these less positive states will decrease dramatically. You will get to decide how long you want to stay there. And you’ll know how to switch gears and get on a better, more productive, less stressful path.

To me that makes incredible sense. I used to tell my students on the first of the semester – this is your life and my life for the next 90 days. Let's do our best to make it as pleasant as possible and as much fun as we can. Setting that tone started us off on a journey that few classrooms experienced.

Let me share a very simple and effective strategy to get you started on the path of being more positive. It's what I used in my classroom. It's what I use myself when I catch myself drifting off track. It's the Positivity Jar. Most people have heard of the swear jar. It's the same concept. Every time you catch yourself saying (or thinking if you really want to get serious about this) something negative put a penny in the jar. What this does is increase your awareness of how often you you're on a negative thought trail. As you catch yourself, try to switch to some other thought, one that you know will make you feel better. An incredibly simple strategy but I know from experience that it works.

A church group knows this too. People in the congregation began to notice how negative people had become in the community. They approached the minister asking for his assistance in turning the tide. [*A Complaint Free World*](http://www.willbowen.com/) was born. He had the parishioners wear a bracelet on one wrist until they complained. Then they had to switch wrists. The goal? Keep the bracelet on one wrist for 30 days! A month without complaining shifted the mindset and lives of the people in the congregation. Click on the link to get your own bracelet and to take a free test to see how positive you are. I just took it. I’m 93% positive!! Are you surprised? I’m not.

Getting a handle on your thoughts matters. It’s said that we have 60,000 thoughts a day and 70% of them are negative (fear, anger, worry, etc). Is this really how we want to live our lives? Thoughts matter as is evidenced in one of my favorite quotes:

 “Watch your thoughts, they become words;

 watch your words, they become actions;

 watch your actions, they become habits;

 watch your habits, they become character;

 watch your character, for it becomes your destiny.” Anonymous

What will happen as you begin to shift from the negative?

You'll start to feel better; things will suddenly become just a little bit easier. I find that traffic jams seem to ease; raffle prizes make their way home, people that I need to talk to somehow cross my path. Quantum physicists say like attracts like. Your more positive outlook attracts more of the positive experiences that you want most.

As simplistic as this sounds, as skeptical as you may be right now, I urge you to give it a try. I'm sure my hundreds of *Strategies for Success* students doubted it too until they saw the changes happening in their lives. And what's more stressful than being a teenager in the 21st-century? If adopting a positive life can work for them, it can work for you.

The Positivity Jar is only one of an ever growing collection of strategies I teach to help you become less stressed, more positive, more productive and overall happier. I'd love to share more than with you in person at a *Frazzled to Freedom LIVE* seminar for your business a group or through the online version where you receive a mini lesson for 30 days, just long enough for the new strategies to become habit. For information on both go to [FrazzledtoFreedom.com](http://frazzledtofreedom.com) For information on my school program, go to [StrategiesforSuccessProgram.com](http://strategiesforsuccessprogram.com)

Have a positively wonderful day!