This introductory Factsheet provides an overview of the benefits of developing a positive mind-set and your personal ‘call to action’ to experience those benefits for yourself. This overview includes an understanding of what a positive mind-set is, it’s benefits, and how you can get started straight away to experience those benefits for yourself.

**Introduction**

**Developing a positive mind-set**

Unfortunately, we are surrounded by negativity, the media knows we are drawn to it because it provides our brain with temporary relief, as the bad news we watch, listen to or read about is not actually happening to, but the long-term effect can lead to pessimism and what is known as ‘learned-helplessness’, where people have programmed themselves to believe there is nothing they can do, when everyone around them can clearly see they could do something. Also, so many people like to engage in negative conversations because when moaning about things they know they don’t have to do anything.

We therefore need to take control of our mind-set and not allow the negativity around us to hold us back and impact our lives in a negative way.

**The benefits of a positive mind-set**

The benefits of a positive mind-set are vast and include: better immunity to stress, illness (physical and mental) and personal resilience. People with a positive mind-set focus on results, get things done and are the achievers in life that others respect and admire!

**How to develop a positive mind-set**

As with so many things in life the foundation and start is self-awareness. We use the analogy STOP, so for a moment STOP, THINK (about how positive or negative you are at the current time) OBSERVE (observe situations where you’ve been negative/positive and their outcomes and also how it feels when you are negative), PLAN (to develop a positive mind-set as per the guidance here). Do this STOP exercise regularly in life, as it deepens your self-awareness. So, to develop a positive mind-set there are few key things we can do and develop into life-changing habits in our lives. Firstly understand your thoughts and how we perceive things impacts what we do (how we behave) so practice having positive thoughts about yourself, your life circumstances and focus on the possibilities for the future. Develop an open and inquisitive mind and challenge any negative thoughts/emotions you experience. Get into the habit of visualising yourself being successful, so if you want to be more resilient, assertive, and confident imagine yourself been exactly that and to add weight to this visualisation practising use positive self-talk (see the positive self-talk factsheet).

If you focus on these three things: developing an inquisitive and open mind by challenging your current thoughts, visualising yourself being successful and practising positive self-talk regularly it can literally transform your life.

 **Summary**

Take control of your mind-set and reap the benefits of doing this. A positive mind-set opens up new and exciting possibilities in life, can be contagious to other people because you expect the best to happen. It could well be one of the best decisions any of us can make to inspire us towards achieving our true potential and developing inner peace.