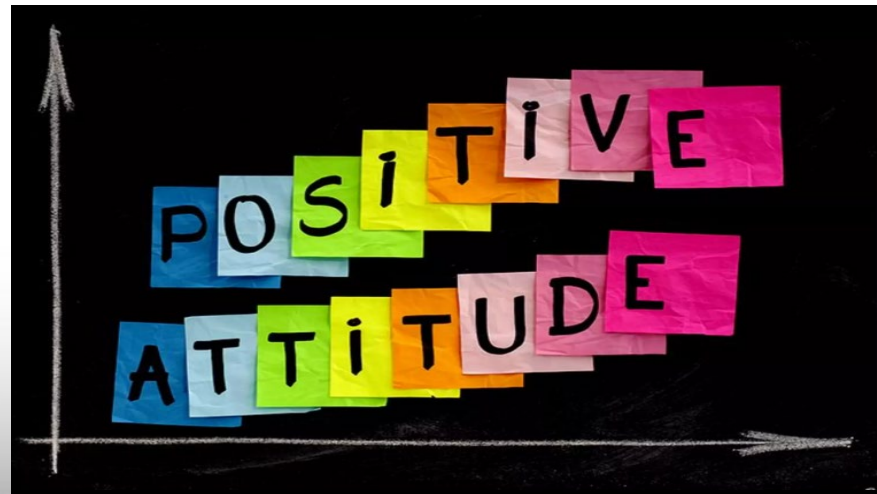


# DHIR & PARTNERS SDN BHD

Title : Positive Attitude





# Learning Objective

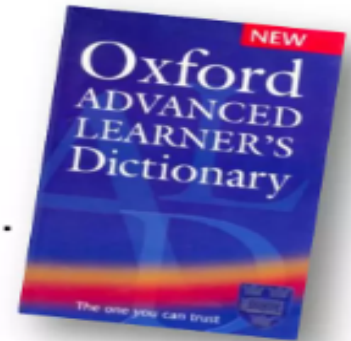
By the end of the session , the participants should be able to:

- ❖ Describe what it means to have a positive attitude
- ❖ Determine whether a choice reflected a positive attitude or negative attitude
- ❖ Evaluate a real-world situation and determine how to maintain a positive attitude



# WHAT IS ATTITUDE ?

- ▶ Oxford Advance Learner's Dictionary:-  
Definition of attitude...
- The way we behave towards somebody  
/something that shows how we think & feel ...



## Origin:

France "attitude" (17c.)

Latin "attitudine"=disposition, posture

L.L. "aptitudinem"=aptness, promptitude

- ▶ originally used as a technical term in art  
for the posture of a figure in a statue/painting;
- ▶ later generalized to "a posture of the body  
supposed to imply some mental state"



# POSITIVE ATTITUDE ?

“Attitude is the way we present ourselves in a particular situation.”

**BAD** (PESSIMISTIC)



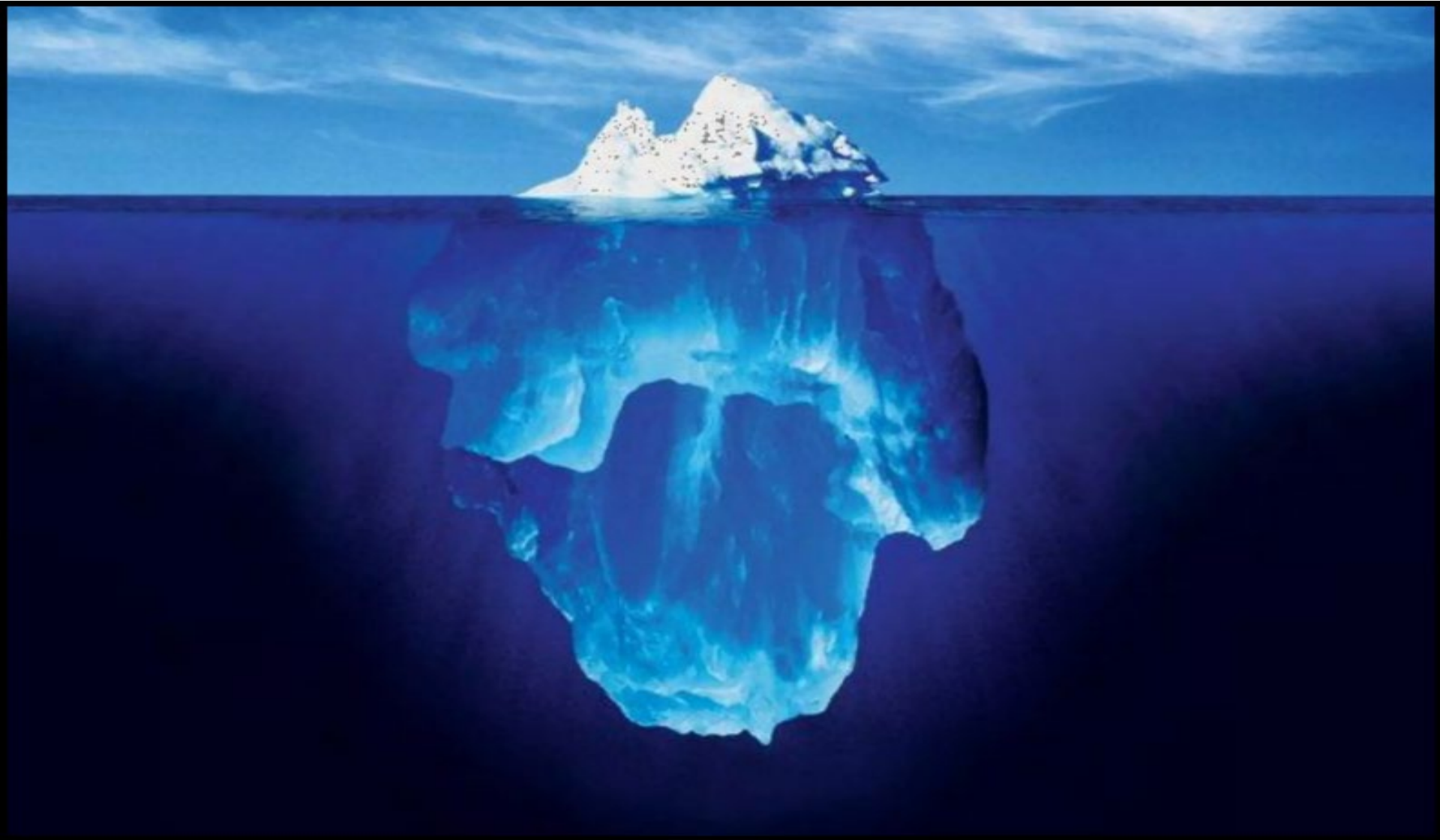
**GOOD**  
(OPTIMISTIC)

- ▶ Positive attitude define as ..
- ▶ **Optimism** – means “a tendency to expect the best possible outcome or dwell on the most hopeful aspects of a situation”





# ***GUESS WHAT ???***





# HOW MUCH DO YOU SEE OF AN ICEBERG ?



**10% VISIBLE**  
(above sea level)

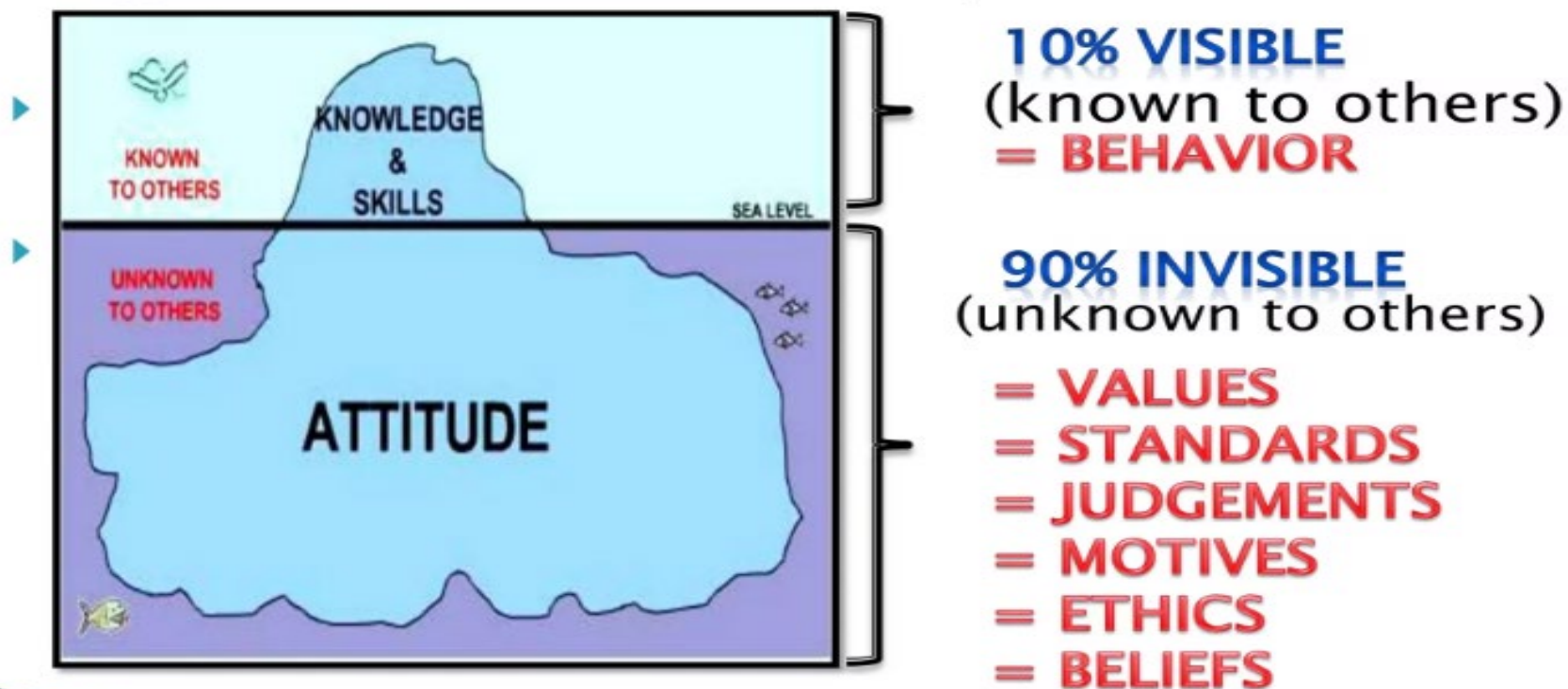
**90% INVISIBLE**  
(below sea level)

*Archimede's Principle of  
bouyancy*

**THE ICEBERG PHENOMENA IS ALSO  
APPLICABLE TO HUMAN BEINGS ...**

# THE ICEBERG

## Sigmund Freud's Theory about human



- WHICH ONE GIVES THE MOST IMPACT IN OUR LIFE?  
10% OR 90%

# Why Positive Attitude Is Important?



- ▶ If you are mainly positive, you will be focused on good things, happy thoughts, and successful outcomes.



- ▶ If you are mainly negative, you will be focusing on bad things, sad thoughts, unsuccessful outcomes and acts and behave negatively too.



# Positive Attitude & Positive Thinking

- ▶ Positive attitude helps us to cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worry and negative thinking.
- ▶ It is a mental attitude that expects positive results.



# THE POSITIVE THINKER...



*sees the invisible  
Feels the intangible  
And achieves the  
Impossible!*

actually, i  
**can.**

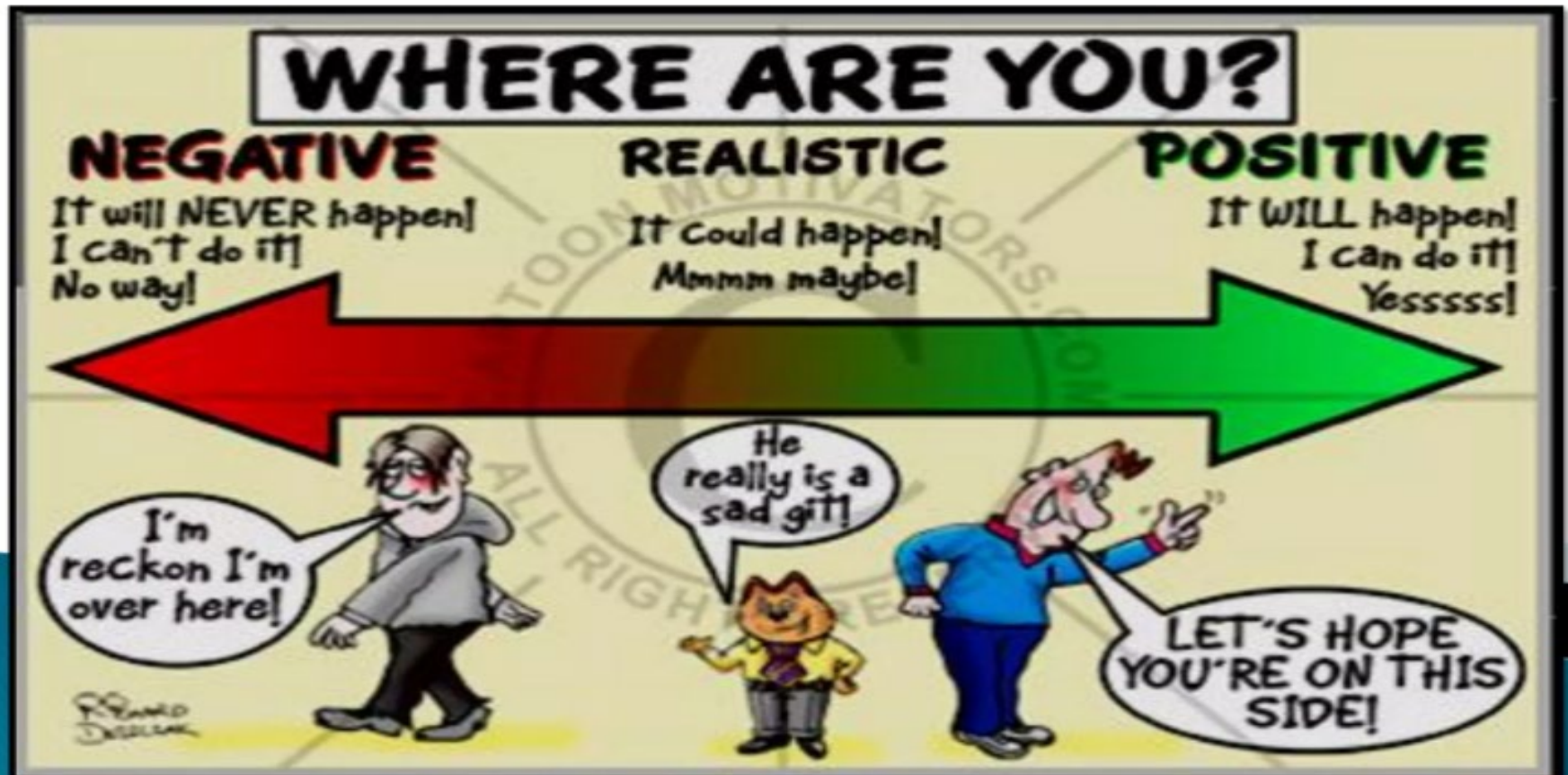
# How do we see this glass? “half full” or “half empty”?



Seeing the glass half full, always giving people the benefit of the doubt, and always feeling a sense of hope and trust that things will turn out okay.

Optimistic attitude attract positivity, compassion, hope and trust would then drive you to take actions that give positive results!!!

# You Choose Your Attitude







# The benefits of a Positive Attitude

- ▶ Helps achieving goals and attaining success
- ▶ Success achieved faster and more easily
- ▶ More happiness
- ▶ More energy
- ▶ Greater inner power and strength
- ▶ The ability to inspire and motivate yourself and others
- ▶ The ability to surmount any difficulty
- ▶ Life smiles at you
- ▶ People respect you

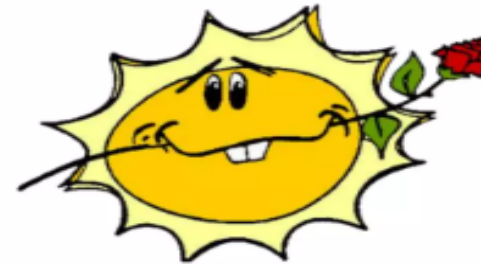


# THE CHOICE IS YOURS.

- ▶ With a **Bad Attitude** you can never have a positive day...



- ▶ With a **Positive Attitude** you can never had a bad day



- ▶ A positive attitude is like a **Magnet** for positive results



*Attitude is a little thing that makes a big difference*  
—Winston Churchill

## POSITIVE BEHAVIOR INFLUENCE OUR ENVIRONMENT

- ▶ Spread a smile around
- ▶ Sprinkle some positive on the negative
- ▶ Focus on the good of each day
- ▶ Say please and thank you
- ▶ Practice empathy
- ▶ Compliment others
- ▶ See criticism as opportunity to improve
- ▶ Cultivate your sense of humor



Compliments



Feel Good!





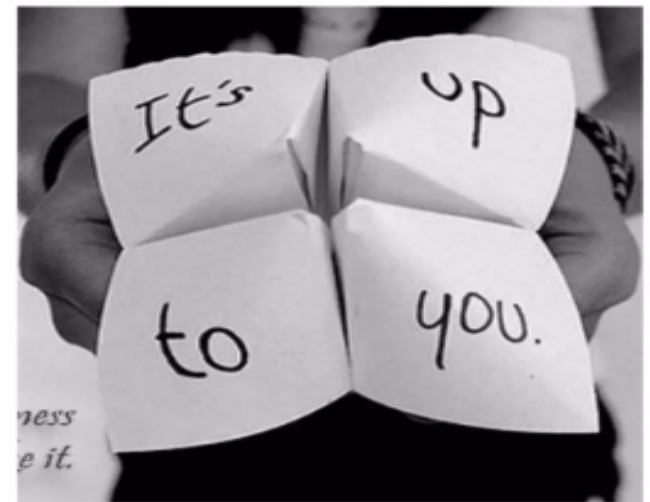
# 5 Steps To A Happy Life With Positive Attitude





## Step 1: Believe Happiness is a Choice

- ▶ The amazing things about life is that you choose what you allow into it (how things affect you & how you react)
- ▶ NO pointing fingers, placing blame (outside force) – fate, experiences, parents, relationships BUT never really stopped to think that I could *choose* to be happy.
- ▶ It's up to us to find the good, to be happy regardless of what's happening around us.
- ▶ We are in control of our happiness level and no one can take that away from us.



**HAPPINESS IS A CHOICE..  
MAKE IT!!!**

## Step 2: Rid Your Life of Negativity

- ▶ Don't let yourself surrounded by negative people who are not encouraging your happiness.
- ▶ Get rid of people who hurts, when you know they aren't good for you or your current lifestyle.
- ▶ Step back and examine which behaviors were good for us and which were not.
- ▶ Learned to focus on the positive things and let go of the negative ones.



## Step 3: Look For the Positive in Life

- ▶ There is the positive aspect in everything.
- ▶ *“What is good about this?”*  
When something goes wrong, find the positive side of it (good side).
- ▶ Everything that good and bad is a learning experience.



1 side of an apple is rotten...  
– make a positive remark like:  
– Luckily, we can eat the other half of the apple.  
– Although the situation is bad, we can brighten up our/others mood or make the situation better by making positive remarks.



## Step 4: Reinforce Positivity in Yourself

- ▶ Practice makes perfect, and, yes, you can practice being positive
- ▶ Love and accept yourself



*Love Yourself,*  
*Believe in Yourself...*  
*Find the Spirit Within*  
*And Your Dreams*  
*Will Come True!*



## Step 5: Share Happiness with Others

- ▶ Share your wealth of positivity with the world.
- ▶ Be nice to other people, no matter what.

*Sharing is Caring!*



*Always have a  
positive attitude in life.  
There is something positive  
In every person.  
Even a stopped watch is right  
Twice a day!!!*





# Q & A





THANK YOU  
**THANK YOU**  
THANK YOU  
Have a nice day!