

Share the Secret of **Success** - Developing a **Positive Mindset**

Having a positive mindset means making positive thinking a habit and making the best out of any situation you find yourself in.

Here are some tips to get you started:

- Start the day with a positive affirmation e.g. “Today is going to be a great day and I am going to focus on being the very best that I can be”.
- Focus on the good things that happen, however small they are.
- Turn failures into lessons—and learn from them.
- Transform negative self-talk into positive self-talk e.g. “I can do this!” “I am good at what I do and get great comments from Card Members”.
- Find positive colleagues to support and encourage you if you are having a challenging day.
- At the end the day ask yourself – “What went well, what did I learn and what will I do differently tomorrow”.

For more information on developing a positive mindset, click on the link below

<https://positivepsychology.com/positive-mindset/>

