Being positive is a skill that can be learned and developed over time. It's not about ignoring the negative aspects of life, but rather about focusing on the positive and finding the silver lining in every situation. Here are some tips on how to be positive always:

* Identify your negative thoughts and beliefs. The first step to being more positive is to become aware of your negative thoughts and beliefs. When you catch yourself thinking negatively, challenge those thoughts and ask yourself if they're really true.
* Focus on the positive. When you're feeling down, it's easy to focus on the negative aspects of your life. However, it's important to make a conscious effort to focus on the positive. Make a list of things you're grateful for, and take time each day to appreciate the good things in your life.
* Spend time with positive people. The people you spend time with have a big impact on your mood and outlook on life. Surround yourself with positive people who make you feel good about yourself.
* Do things that make you happy. When you're doing things that you enjoy, it's hard to be negative. Make time for activities that make you happy, such as spending time with loved ones, reading, listening to music, or spending time in nature.
* Take care of yourself. When you're taking care of yourself physically and mentally, it's easier to be positive. Make sure you're getting enough sleep, eating a healthy diet, and exercising regularly.
* Practice gratitude. Gratitude is a powerful emotion that can boost your mood and improve your outlook on life. Make a habit of expressing gratitude for the good things in your life, both big and small.
* Be kind to yourself. It's important to be kind to yourself, even when you make mistakes. Forgive yourself and move on.
* Help others. Helping others is a great way to feel good about yourself and make a difference in the world. Find a cause that you're passionate about and volunteer your time.
* Be patient. It takes time to develop a positive mindset. Don't get discouraged if you don't see results immediately. Just keep practicing the tips above and eventually you'll start to see a difference.

Being positive is a choice. It's not always easy, but it's worth it. When you're positive, you're more likely to be happy, healthy, and successful.