

11 STRESS ATTITUDE QUIZ

Instructions: Rate the statements below with a **1 (Mostly)**, **2 (Sometimes)**, or **3 (Almost Never)**. There are no right or wrong answers. This is a tool to learn more about who you are, so be honest. When you are finished, total your responses.

1. I look for the bright side.	
2. I think I have strengths.	
3. I see my mistakes as learning opportunities.	
4. I see my weaknesses as areas for improvement.	
5. I give myself credit for what I can do.	
6. I see the big picture.	
7. I don't feel like I have to be perfect.	
8. I think it's important to try to understand other people's points of view.	
9. I can keep my temper under control when I am frustrated.	
10. I can take a joke.	
11. I can laugh at myself.	
12. I think constructive criticism is helpful.	
13. I make people around me happy.	
14. I say nice things to people around me.	
15. I can forgive people.	
16. I have a good relationship with people around me.	
17. I speak up for what I want.	
TOTAL	

17–24: You have a healthy attitude. **25–42:** Your attitude is okay, but focus on being more positive.

43–51: Your attitude could be holding you back from dealing with stress and enjoying life.

11 STRESS

9 WAYS TO BE MORE POSITIVE

Craig Childs, Lifehack.org

Life is easy with a positive attitude, wouldn't you agree? Well, easier at least. One of my favorite sites, The Ririan Project, has a list of ways to perk up your disposition, if you need to.

I've always been amazed by some people's insistence on being in the negative. You can change that, and it's the first step to stepping in a more successful life.

1. Appreciate as much as you can. This is one of those very simple things you can do to bring more positivity into your life. I have also found appreciation to be a great way to turn an angry, sad and frustrated mood around to a more positive one.
2. Stop comparing yourself to others. If you don't then you'll just create a lot of unnecessary pain in your life. If you surpass one person's success, then you'll just find another person more successful than you. And your brief sense of being a winner will transform once again into anxiety, fear, tummy-aches and possibly heart attacks.
3. Realize that it is possible to choose how you react. You don't have to live your life in reaction. You have a choice. There is always a gap between stimuli and reaction. If you focus on that gap it will widen and although it might seem in the beginning like stimuli and your reaction are tied together that is not the case.
4. Educate yourself. Self-education can be a great help to live a more positive life. Read great books on the areas of your life you want to improve. Maybe it's your financial situation. Or your health. Or your relationships. Ask people you know who have had more success in that area than you what they did to improve.
5. Act as if you feel good. Your emotions work backwards too. So even if you don't feel positive, confident, calm or decisive you can act like it. And after you have done that for a few minutes, guess what happens? You will actually start to feel positive, confident, calm or decisive.
6. Live in the now. Don't let your thoughts drift into the past or future more than necessary; this is often a sure-fire way to start negative loops of thoughts in your mind.
7. Do some mental rehearsal. This is great way to improve your performance and decrease anxiety in any upcoming situation. Maybe you're heading into a meeting soon. Visualize now how great the events will unfold—see and hear it—and also how great will you feel at this meeting.
8. Redefine failure. Michael Jordan once said: "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
9. Focus on what you want, not on what you don't want. One common problem is to focus your thoughts on what you don't want rather than what you want. If you do that then it will be hard to get what you want in life. If you want to improve your finances then focus on having a great financial situation rather than your lack of money and your debts.

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