

Staying positive



Being positive is an attitude that buffers people against hopelessness and is a very powerful tool that enables you to cope with whatever life throws at you. In these really challenging times, the ability to stay positive is fundamental to our success. When I talk to librarians about the power of positivity, they often say to me, “Yeah, but Kitty you are simply a positive person. You were born that way; it’s in your genes.” I am quick to respond, “No, that’s not true. Every morning I wake up, and before I put my feet on the floor, I make a conscious decision. I can either be bitchy or I can be positive.”

To be honest, on most days, the decision is simple. However, there are days when I really have to work to get to A+ attitude before starting my day. Sometimes, the negative trash and hurt from yesterday spills into today, and I really have to work at finding the positive middle ground. The bottom line is that we all have a choice; we can either choose to be a lemon or choose to be lemonade. In making a positive choice, there are some very tangible benefits. For example, being positive:

1. Changes how your mind works. It broadens your outlook and opens you up to change and new ideas.
2. Transforms your future, because it brings out the best in you right now.
3. Makes you healthier and more resilient.
4. Builds bridges and repairs broken ones.
5. Opens you up to “thanks,” “it’s all about you,” and “I am sorry.”

The goal is to overcome negativity and to thrive and focus on what you have and where you are going. Interestingly, positivity attracts positivity. It feels good, and when you feel good, you do better work! It’s that simple.

Being positive is an attitude everyone you come in contact with, will benefit from, not in a Pollyanna plastic way, but in a very real and genuine way. If you truly want to make a difference, you have to start by setting the example of being positive and encouraging others to do the same.

A positive attitude is not a characteristic of a genetically chosen few. Every morning, you have a choice to think positively, to expect success, and to be optimistic. Make the positive choice, and you’ll truly be amazed at the results!

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