

## Ditch the Venting and Embrace Positive Thinking

**Summary:** *Negative thinking only brings you down and ruins any chances for success, so switch your mindset to turn the negative aspects of a job into chances to learn.*



A dream job or promotion **may not turn out quite like you thought**. Your relationship with a new boss may not be the best or the new responsibilities you have may turn out to be less exciting. No matter the situation, the advice everyone will give you is to stick it out for at least a year. All you can think about is how you can last a year in a job you dread going to everyday.

You end up with two choices: spend the year complaining or spend the year finding the positives of the new job. Which year do you think will go by faster and easier? Finding the positives in the job and making tasks into opportunities for growth will help the year go by faster. You may even find that the job isn't so bad.

Avoid filtering. With positive thinking, it will be easier to prevent one negative aspect from taking over the incident. A meeting with a boss to go over a previously given presentation may be filled with positive praises with one suggestion for the future. Focusing just on that one comment that wasn't filled with praise will ruin the actual success of the presentation. This may also lead to you vocally complaining about your boss when they were only trying to help you improve for the future.

There are many instances when an assigned task can turn into something great if we give it a



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chance. Open up your mind and heart to the work you are doing, and more often than not, you will have no problem finding the good in it.

- See **Don't Let These Four Habits Bring Your Self-Esteem Down** for more information.

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