

# How to Increase Positivity Everyday!

This *How to Increase Positivity* PERSONAL DEVELOPMENT WORKSHEET is courtesy of:  
<https://www.HealingthePlanetfromWithin.com>

**Do you feel stuck or frustrated in life and feel as though you can't make any changes to improve it?**

**Do you experience bouts of depression and experience crash times in a state of misery?**

**Are you constantly stressed and can't wind down or sleep peacefully?**

**Would you like to change all this around with some easy personal development techniques?**

POSITIVITY has been proven to have life changing affects in your personal life, your health & well-being, increasing your success and improving business. Barbara Frederick's book on Positivity mentions some amazing scientific studies on the benefits of positivity.

So, how do you increase positivity for success? In this free personal development worksheet you'll love some fascinating and easy ways to activate the different forms of positivity every day. Overall the evidence in Positivity proved that the forms of positivity are a solid and successful way to positively improve your life.

## **The Many Benefits of Increasing Positivity in Your Life**

Research has proven that positivity reduces blood pressure, whisks away the fog of depression, increases optimism and resilience, reduces stress and anxiety, helps people bounce back from setbacks, improves social interactions and connections, opens your mind to new possibilities, and magnetises good things to you.

Positivity is those juicy feel good vibes. You know you're in a state of positivity when you feel joy, peace, serenity, hope, gratitude, awe, amusement, love, inspiration, fascination, pride and interest. According to the research, when you are feeling more positivity vibes it indicates a life of flourishing – including health and well-being, higher confidence and motivation, a broader mind and deeper more meaningful connections with others and so on.



There are many benefits to activating positivity so it is recommended to, ON PURPOSE, cultivate positivity daily.

But what does it mean to ACTIVATE POSITIVITY? How is it possible to turn Positivity ON?

Flick the switch to turn positivity on.



It's easy to flick on positivity. It's as easy as flicking on a light switch.

## **How to Increase Positivity #1**

Step 1: Become aware of your thoughts and feelings.

You can do this first by recording your thoughts in a "Thought Diary" for 5-10 minutes each day. Or simply watch your thoughts for 5-10 minutes each day. Watch them come and go in your mind and observe which ones are negatively vibes or positively vibes. OBSERVE. Do not react to them, just observe them.

Step 2: Choose to replace the negative thoughts with positive ones. At times we might catch ourselves thinking negatively about a situation when in fact it's not all that negative – but we have assumptions and expectations that were not met so thoughts spiral downwards into negativity. Negative thoughts are a normal process, sure, but they do tend to make you feel bad – and the purpose of this worksheet is to increase positivity so first become aware of the negativity and then replace it with positivity.

## How to Increase Positivity #2

This next step follows on from the first step. Now that you're aware of your thoughts choose to steer them to thinking of something that will make you feel good.

- Think of a person that makes you feel LOVE and then hold that feeling within yourself for 5 minutes.
- Next, think of a person or something that makes you feel JOY and then hold that feeling within your body for 5 minutes.
- Then think of a scenario in which you feel PEACE, allow that peaceful feeling to grow within your being and hold it for 5 minutes.

As you can see that you don't need to do any physical actions or even leave the house to activate positivity. You can just bring them to mind and feel them.

However, here are some *actions* you can take to activate positivity.

## How to Increase Positivity #3

- Increase peace and serenity by hanging up a hammock on your patio and swinging it for at least 20 minutes each day feeling very relaxed and serene.
- Watch your favourite comedy television show or movie – and be sure to laugh out loud until you feel the joy and amusement swelling inside you so much you can't wipe the smile off your face.
- Be proud of your achievements and reward yourself. Make sure the reward is specific towards your achievement and state clearly to yourself how proud you are.
- Every night before going to bed write down 3 things that you're grateful for. Do this for 21 days and you'll really notice a difference in your positivity levels.
- Start practicing a walking meditation with at least 20 minutes each day of mindful walking.
- For more ideas Purchase my book [“How to Activate Positivity for Better Living: with 37 Positivity Activations.”](#)

What can you do to the following forms of Positivity daily?

Love	
Hope	
Joy	
Inspiration	
Awe	
Interest/Fascination	
Gratitude	
Pride	
Amusement	
Serenity	

What form(s) of positivity are you most familiar with? (Which form do you naturally use most?)

Where can you easily fit more Positivity in your day?

How much more positivity do you think you need to get a higher positivity ratio than negativity?