



Building the Best Organizations in the Insurance Industry

10 WAYS POSITIVE THINKING CAN BOOST YOUR CAREER

By: Melissa Kennedy
www.beyond.com

We all know that it's better to have a positive attitude than a negative one.... but I wanted to remind everyone that having a positive attitude doesn't just make you happier, it's also really great for your career.

Don't believe me? Well, if you think that it doesn't make a difference, here are 10 reasons why positive thinking actually boosts your career:

- 1. It helps you grow.** This one is simple; if you don't think that something is possible, you aren't going to be able to achieve it. Negative thinking prevents us from taking chances or growing. Our dreams are nurtured by the positive energy we give them. Without that, they can't ever grow into real opportunities.
- 2. It builds self-confidence.** When you are feeling positive about who you are and what you do, your self-confidence gets a boost. Being stuck in negativity only serves to limit our ability to feel happy with ourselves and our successes. In order to be more confident, you have to start by getting rid of negative thought patterns.
- 3. It can help you combat job stress.** When you're feeling negative, even small amounts of job stress can seem huge. As the pile of negative thoughts grows, job satisfaction declines. If you have a stressful job, maintaining a positive attitude will help you cope with the challenges and help you become more able to leave the stress behind.
- 4. It can make your co-workers like you.** No one wants to work with someone who makes them feel bad. Being upbeat and positive makes people like you. When your co-workers enjoy being around you, they'll be more likely to help you with projects and keep you informed about new opportunities.
- 5. It prevents you from worrying about failure.** When you're already feeling that everything is helpless, taking risks is next to impossible. The only way you can risk failure is by keeping a positive attitude and knowing that failing is just another step toward success.
- 6. It keeps you from missing work.** When you have a positive state of mind, going to work doesn't seem that difficult. In fact, there are days when you'll probably be eager to get started. However, when you are stuck in negativity, every sniffle is a good excuse to not want to go. When you think about it, it makes sense. If you don't like being there, you'll have to force yourself to go. Also, negativity goes hand in hand with an increase in stress, which can actually make you sick.
- 7. It is a huge help in your job search.** When you walk into an interview, your positive attitude is what will impress the employer. When they see that you are someone who is happy with who they are and where they are in their career, they will be more likely to want to hire you.
- 8. It prevents depression and anxiety.** Depression and anxiety can hold you back in your career. They are horrible things to go through and can really do some serious damage. To keep these negative things at bay,

www.gsr4you.com

Sales: 233 S. Wacker Drive, Chicago, IL 60606 312.922.6664

Administrative: 13368 W. Heiden Circle, Lake Bluff, IL 60044 847.735.0525 Fax: 847.735.1205



Building the Best Organizations in the Insurance Industry

it's helpful to stay positive and let the little things go.

- 9. It makes you more productive.** Happy people work harder without even realizing it. When you hate your job, every task seems like a chore. When you are enthusiastic and positive, the same tasks seem like a piece of cake. To improve your productivity, look at how your attitude may be impacting your performance. Also, negative people like to complain with other negative people. Before long, these negative people are spending a good portion of their day just standing around complaining about the company they work for rather than making anything better.

It builds resilience. When we try our hardest and still fail, it can be difficult to make a comeback. This is where having the right outlook helps the most. In these situations, you have two choices - either throw your hands up in defeat or make things better. Although negativity would like for you to throw in the towel, keeping a positive attitude will make it easier to brush things off and try again.