

Top 10 Ways to Build a Positive Attitude

1. Choose positive thinking friends.
2. See problems as challenges.
3. Say 'I can' more than 'I can't'.
4. Expect good things to happen.
5. Find good in any situation.
6. Stop worrying and start enjoying.
7. Think happy thoughts.
8. Live a healthy life style.
9. Picture yourself a winner.
10. Give yourself a pat on the back.

