



## Positivity



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One of the challenges facing management and co-workers today is dealing with difficult people—those who have negative attitudes. It is important to note that a person with a negative attitude has the same power to influence others as a person with a positive attitude. The difference appears in the results.

Positive attitudes in the workplace have many benefits, including:

- Improved communications
- Better teamwork
- Increased morale
- Higher productivity

The opposite is true for negative attitudes. They dismantle teamwork, increase stress and cripple productivity. The following tips can help you foster a positive attitude at work.

**Be solution minded and not problem focused.** Never leave a problem that is within your scope of responsibility unsolved.

**Give the best of yourself at your job.** Always remember the benefits you have by having a job. Look for ways to improve your competencies. Take courses, read books, keep increasing your knowledge in your area.

**Never criticize.** If you don't agree with something a coworker has done, talk to them in private. Talk about the issue, voice your feelings. Don't point out their weaknesses.

**Stay away from gossip.** Never talk about problems you encountered with one colleague with other colleagues.

**Be constructive.** When you have a problem to solve, look at it as an opportunity to grow.

**Never complain.** Whether it is about the weather, your home life, traffic, the economy, never complain.

**Be a good news reporter.** Look out for good things happening in your organization or in the world outside, and talk about the good news.

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