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How to Keep a Positive Outlook in Life

In a cluttered world full of anxiety and stress, it is easy to feel that you are carrying the weight of the world in your shoulders. You fill up your calendar and rush from one activity to another as if taking time to rest and reflect is forbidden. You then find yourself asking why life is so stressful and hard. The key to disengaging from the fast pace and stress is to take the time to develop and maintain a positive outlook on life. Positivity may not complete your task list, but it will change how you move through it and through life.

Part 1

Being Happy About Yourself

- 1. Realize that you're unique and one of a kind.** You were created to make a mark in this life and not just born to survive.
- 2. Remind yourself that your presence is a present to the world.** You may not realize it but one way or another, someone feels so blessed with your existence. So stop saying you're nobody.
- 3. Remember that your life can be just what you want it to be.** Most of life is a choice, having the freedom to act and decide on your own. Start deciding and stop complaining.
- 4. Take the days one at a time.** Rushing isn't all beneficial. Take time to smell the flowers. Don't overdo yourself. Learn to appreciate life today, for tomorrow, you may not have the chance to do so.^[1]
- 5. Count your blessings, not your troubles.** There are two types of people: proactive and reactive. The reactive always see the trouble and blames the circumstance to other people, while proactive see troubles as a bridge to success. Which are you?



6. Remind yourself that within you are so many answers. One of the big disadvantages of a hurried lifestyle is the lack of meditation or reflection. We are too busy, too preoccupied. But if you really want to find true happiness in this life, you have to be still, to quiet your mind so you can hear your heart.

7. Have courage and be strong. Knowing that life is imperfect gives you enough space to expect it to be hard. You have to accept that life's circumstance is not ALWAYS within our control and all you can do is accept, understand and keep moving forward. Life is 99% choice and 1% chance.

8. Know that you'll make it through whatever comes along. In times of affliction, it can be tough to see the lighter side. But do always remember, that all storms have endings. Just keep looking forward.

9. Remind yourself that there are so many dreams waiting to be realized. A goal without action is nothing but a dream. It's very good to know what you want and set your plans. However, if it's only written, it can't be realized. You have to take action. You have to wake up and stand up.^[2]

10. Don't leave things to chance. Remember, life is 99% choice and 1% chance. We are in control of our life 99% of the time and yet a lot of us give this all to chances. We let things happen instead of making it happen.

11. Don't limit yourself. One of the differences between achievers and non-achievers is the size of their dreams. Big people achieve big dreams because they think big. The same is true for small people. They achieve smaller dreams because they think small. The key is to have confidence in oneself and think BIG!

12. Stop worrying. Worry is a complete waste of energy. Even how much you think about it over and over, it will not solve anything. Worry gives you nothing but bad feelings.



13. Remember that the longer you carry a problem, the heavier it gets. When faced with bad situations or problems, a lot of us leave it behind undecided. We may think that the safest solution is leaving it to chances. However, indecision does not solve the problem, it just gives you temporary relief. But sooner or later, you will feel its impact. Most of the time, it's bigger than the original. Don't avoid problems, instead, be brave enough to face and solve it so you can move forward in life. Stop being a coward! Instead of investing your time thinking of the problem, shift your thoughts on how you can solve it.

14. Live a life of serenity, not regrets. People who seldom succeed in life are those who live in the shadow of the past. They cling too much of what they used to have that they seldom adapt and move forward in life. Remember that you can no longer alter what happened in the past but you can create your future. Accept what happened and move on.


15. Do ordinary things in an extraordinary way. Every day, you do the same thing, like a cycle that just goes round and round. You get too lax that you find life too boring. But instead of focusing on the negative feeling of boredom, why not take charge and create a change. Sometimes, change does not only happen by surprise. You have the capacity to create change. And why not do it now? Who knows, it might give you the big break you've been dreaming of.[\[3\]](#)

16. Don't take yourself too seriously. Because no one else does. The only person that's burdened when you are too serious is you. Keep a mature mind but a young heart. Smile, you look better when you do.

17. Invest in a good friendship. True friendship lasts forever. You may not see them often but when friendship is true, even how time and distance separates you, true friends are the ones that stay with you. If you have found this type of friend, care and treasure them. For it's one of the best gifts you will ever receive in your life.

18. Reach for your peak, your goal, your prize. As long as you're alive, you have all the chance to achieve your goal. Don't get discouraged by past failures. Keep striving. Remember, success comes from multiple failures. Those who win have finished the race.





19. "Take the time to wish upon a star. Have faith with your dreams until you achieve it. Nothing is impossible when you believe.

20. Remember that it's never too late. Often we resist change because we think that it's too late for us to change. Remember that we all have countless chances in this life. You just must accept change.

