

# Positive Attitude

Anyone who has faced unemployment can become anxious and uncertain about the future. Maintaining a positive attitude, enthusiasm, determination, and self confidence will combine to help make good things happen to you. All these qualities produce a positive attitude that expects positive results.

## Define Yourself with Confidence

Thoughts are powerful. Don't underestimate the power of your thoughts and attitudes. What you believe is what you achieve in your life. Your attitude determines the quality of your life. Did you know that you can choose your attitude? In order to bring positive changes and improvements into your life, use a positive attitude throughout the day. Think "I can," "I am able," and "I will succeed."

## Thoughts + Feelings = Reactions

Effective positive thinking requires you to focus on positive thoughts, positive emotions, and positive actions. Your thoughts determine your behavior or emotional reaction to change, whether positive or negative. It is important to take responsibility for how you process thoughts. This positive attitude will supply strength and control during times of change. Life is not about what happens to you, it's about how you respond.

Your attitude, whether positive or negative, also affects the job search process. Many employers say attitude is more important than experience or education. They often use attitudes as a tiebreaker between equally qualified candidates. What can positive attitudes do for job search?

## Positive Attitude

- You are more employable.
- You are a positive role model.

- Your self-esteem increases.
- You gain energy to pursue goals.
- You have a better lifestyle.

## Imagine the Possibilities

- Find employment that fits your skills.
- Return to school to learn new skills.
- Start your own business.
- Take time to reevaluate your goals.
- Meet new people/learn new things.

## Surround Yourself with Positive People

Attitudes are like magnets. Negative attitudes attract negative results and positive attitudes attract positive results. Spending time with positive people who encourage you and help you to develop job leads will help you feel good about yourself and to maintain a positive attitude.

## Have Questions?

There are 53 Georgia Department of Labor Career Centers. Each office is equipped with high-speed internet.

Go to [www.dol.state.ga.us](http://www.dol.state.ga.us) to locate an office near you.



GEORGIA  
DEPARTMENT OF LABOR  
MARK BUTLER, COMMISSIONER

# Positive Attitude

## Building Positive Attitudes: The Four Day Plan

**Day 1:** Fill your mind with positive thoughts. Instead of living life on auto-pilot, letting all kinds of thoughts come in to your mind, only think positive thoughts. Do this throughout the day. Read inspirational books, listen to uplifting music, or call an upbeat person. Avoid negative thinkers and complainers.

**Day 2: Affirm yourself.**

To build a positive attitude, remind yourself of past successes. Congratulate yourself on the good you have done and will do. Think positive statements. Refuse to let any self-doubt enter your mind. Just tell yourself over and over, "I have the skills and I am competent."

**Day 3: Think only good thoughts about other people.**

Don't allow any bad thoughts about other people to enter your mind. Look for something you like in everyone you talk to or meet.

**Day 4: Speak only positive words.**

To build and maintain a positive attitude, think and speak positively about everything: your job search, your health, and your future. Replace negative thoughts with positive messages. Change "I'll never find a job" to "I'm going to get a great job soon."

## Four Ways to Create an Unbeatable Positive Attitude

**Stay calm** – Remaining calm will allow your mind to work and it will also reinforce your own positive attitude. It is a way of reminding yourself that you can handle the situation.

**Refuse to blame yourself or others for your problems** – Blaming doesn't make anything better. All it's going to do is keep you stuck in a rut or make you angry.

**Focus on the positive** – Focusing on the positive gives you the power and confidence to view every situation with the idea that you will be successful.

**Refuse to use a loser's language** – Use positive self-talk. All of us talk to ourselves throughout the day. When you realize you are talking negatively, stop immediately. Then replace negative messages with words that are positive and encouraging.

## Use Your Positive Attitude in Your Job Search

Most people are willing to help if you let them know what kind of job you want, but it is your responsibility to get out and let them know you are job hunting. Networking is the word used to describe this activity. Networking may be new to you, but it is just talking to others to see how they can help you with your job search. Many Department of Labor Career Centers, churches, and civic organizations have job clubs that offer helpful hints, job leads, and encouragement during your job search.

Looking for a job can be a challenge. It takes time, effort, and energy to discover what job opportunities are available to you. Equipping yourself with a positive attitude and surrounding yourself with positive people will make this process easier. Try these suggestions for yourself and see what a difference a positive attitude makes in every area of your life.

## Positive Attitude Websites

[www.superperformance.com/winningattitude.html](http://www.superperformance.com/winningattitude.html)  
[www.1stopresume.com/news-stay-positive.html](http://www.1stopresume.com/news-stay-positive.html)  
[www.successconsciousness.com/index\\_000009.htm](http://www.successconsciousness.com/index_000009.htm)

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