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Explain the importance of having a positive attitude

What is a positive attitude? A positive attitude means being optimistic about situations, interactions, and yourself. When you have positive attitude, it boosts your confidence and brings hope to your life and future. When you have a positive attitude you can think clearly, see things differently, you will have lower levels of stress and you will be able to sleep better. A positive attitude helps you mentally, it helps you cope with different situations in your life; it helps you avoid negative thoughts and worries.

Positive attitude will keep you energize, you will be more alert, you will have self-confidence, and you will stop blaming yourself or others, you will remain hopeful in any situation. When you have a positive attitude, you can overcome any obstacles that comes your way, you will have better relationships and social life.

We must change the way we think and keep a positive attitude about our life and future and learn from our failures and stay focused. Thank you!