



## Keeping a Positive Outlook During Trying Times

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Are you facing a difficult challenge? It's comforting to know that you *can* get through tough times while maintaining a positive outlook throughout. When you get in better touch with yourself and understand the ups and downs of life, it makes it easier for you to persevere.

***When you believe in yourself, you can go farther than you've ever imagined.*** So your first step is to believe that you're capable of having a positive outlook. Your firm belief in yourself will help banish negative thoughts that try to plague your thinking during trying times.

### The Ups and Downs of Life

You already know that life is made up of many ups and downs. When things are going great, you almost hope that it lasts forever. When things aren't going so well, it's sometimes hard to even imagine life getting better again.

If you're going through a particularly trying time, ***it's important to take time to grieve.*** No one expects you to bounce back immediately, and perhaps you'll be a changed person. However, you can, and will, have good times again!

When the time is right, start working towards a better future and you'll be able to experience more "ups" in life. If you're open to this, you'll be well on your way to a positive outlook.

### Believing in Yourself

***Believing in yourself is vital to a happy life.*** Some may say it's trite to use phrases like: "If you can dream it, you can do it," but as it turns out, the sentiment is true. Don't put limits on yourself. If something is possible, then you *can* achieve it with a strong driving force!

During trying times, you might not believe that you're capable of moving beyond the situation. This is the time when you need to muster up your strength and take a good look at yourself. Discover your inner strength and rely on it.

### **Using Affirmations**

Affirmations are a great way to stay positive if you open yourself up to them. You can use these short, positive statements to communicate with your unconscious mind.

Write your own affirmations or find a book or website with affirmations that are appropriate for your situation. It's a great way to remind yourself of your strength and good qualities. Practice every day to get the best results.

### **Recognizing Your True Self**

Both positive and negative events bring you opportunities to get in touch with your true self. Trying times are challenges, and ***if you're poised with a positive attitude, you can discover more about yourself and your capabilities.***

Difficult times can give you the ability to get in touch with your values. Seek the deeper meaning of it all, and always search for the silver lining. Even the toughest and most depressing situations can be opportunities for learning, as long as you open yourself to see the lesson.

### **Learning for the Future**

Once you've learned a life lesson by going through a particularly difficult situation, you can use that knowledge to help you cope with future obstacles. But instead of dwelling on the negative, focus on enjoying your life in the moment in order to maintain the positive outlook and happiness you deserve.