

Power of Positivity

“Lift up your hearts above the present and look with eyes of faith into the future!” —Abdu’l-Bahá

Do you see a glass of water as half full or half empty? When you’re faced with a challenge, do you think of all the things that could go wrong? Or do you think about how awesome it will be?

Everyone has positive and negative thoughts. But choosing which ones to focus on makes a big difference. Looking on the bright side can help you feel more peaceful. It may even improve your health.

If you tend to dwell on things that cause you to feel sad, angry, or frustrated, you can make a change. Your brain is amazingly flexible. Pay attention to your thinking habits. Try using more hopeful words, such as “challenge” instead of “problem,” and “can” instead of “can’t.” Spend time with optimistic friends and family. With practice, you can transform your thoughts and see the world with sharper, brighter vision.

How do you look at the world? Answer the questions and add up your points.

- 1 I like to try new activities, hobbies, and sports.
Often = 3 • Sometimes = 2 • Rarely = 1
- 2 When I have a challenge or setback, I think about what tools or support I have to help me.
Often = 3 • Sometimes = 2 • Rarely = 1
- 3 I try to enjoy the present moment and appreciate the people around me.
Often = 3 • Sometimes = 2 • Rarely = 1
- 4 If I’m scared or nervous, I have faith that I’ll be able to make it through the challenge.
Often = 3 • Sometimes = 2 • Rarely = 1
- 5 If I start to feel down, I talk to family and friends about my feelings.
Often = 3 • Sometimes = 2 • Rarely = 1



- 6 I go out of my way to praise others.
Often = 3 • Sometimes = 2 • Rarely = 1
- 7 When I think about my future, I’m hopeful and excited.
Often = 3 • Sometimes = 2 • Rarely = 1
- 8 When I have trouble with something I really want to do, I keep striving and learning.
Often = 3 • Sometimes = 2 • Rarely = 1
- 9 I believe hard work and support will help me accomplish my goals.
Often = 3 • Sometimes = 2 • Rarely = 1

- 10 When I think about the past, I picture my successes more than my failures.
Often = 3 • Sometimes = 2 • Rarely = 1
- 11 I remember that frustration and problems are part of life, and they can make us stronger.
Often = 3 • Sometimes = 2 • Rarely = 1
- 12 When I make a mistake, I can learn from it and laugh at myself.
Often = 3 • Sometimes = 2 • Rarely = 1



SCORING MY TOTAL:

36–29 points: You’re positively pumped! Keep concentrating on the goodness and opportunities around you.

28–21 points: You’re pretty positive, and you usually see the good. Try to focus even more on the bright side.

20–12 points: You’re partly positive. Try some tips from the quiz to practice transforming your thoughts.