

## Positive Ratio

**Practice becoming more positive and less negative.**

**B**ecoming more positive doesn't mean that you ignore the negative. It means you become more positive and less negative. To increase your positive ratio, consider three strategies

**1) Reduce negativity in your life.**

Watch fewer negative stories on TV and in movies; reduce cynicism (seeing the worst in people and life) and talking negatively about people.

**2) Increase positivity in your life.**

Spend more time with people who make you better and take time to reflect on what makes you grateful.

**3) Live a more positive life.**

Sleep more, exercise more, and eat right.

Write down an activity you want to practice and place your goal in a visible place, such as on your screen saver, refrigerator, or the mirror in your bathroom. What gets scheduled gets done, so write your desired activity into your daily planner, be it your phone, computer, or a desktop calendar.

Review your list each day and revise it when you make progress. Remember this—even a slight increase in your positive ratio can be transforming.

