

TEACHING KIDS HOW TO BE POSITIVE

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If I had a choice, I would always hang around positive people. Why? Because they are always busy, interesting and successful. They are confident and happy. They love a challenge. Nothing seems to be too hard, take too long to accomplish, or is too much of a bother. Positive people just carry you along with their enthusiasm – they are infectious. They spread their positivism all over the place. And the great thing is, that when you hang around a positive person, you tend to start believing you can achieve just like they can. Who wouldn't want to have a positive person as a friend!

Why are positive people usually so successful in life? A person with a positive attitude will see the opportunities, rather than the obstacles. "Two convicts looked out through prison bars, one saw the mud and the other the stars." It is all in how we perceive things. If we see a glass as half full, then we will be thinking about what we can do with what's in the glass. If we see it half empty we will be thinking what can't be done, because the glass is not full.

How can we teach our kids to have a positive attitude? The best way to influence your kids is to model it yourself. You can change your attitude from negative to positive. Start hanging around people who are positive. Learn how they look at things, and practice doing the same. Don't let the words, "I can't", pass your lips. Don't tell your kids they can't achieve something just because you haven't succeeded so far. My father once announced, "We are not that kind of people." He was referring to the fact that because he had never experienced 'success' our family was not capable of doing so.

I chose not to believe that myth and proceeded to pull out all the stops to become successful in everything I put my mind to. The reason I knew I could do it was because my father's brother and sisters had been high achievers and I knew that if they could do it, I certainly could. One of my biggest challenges was to become a University graduate. I looked at a work colleague who was studying and thought, "Well, if you can do it lady, I can." And away I went. Part way through my degree I met an old high school teacher and told her what I was doing. She said, "But you weren't University material." How many teachers or parents have stunted their kids' potential by telling them what they could and couldn't do? Don't believe a word of it.

Read inspiring stories about high achievers. You will find that most accomplished people have come from very ordinary backgrounds just like you and me. Set small goals and gradually increase the challenges as you gain confidence. As you succeed your children will want a slice of the action, too. Congratulate yourself and your kids when expectations are surpassed. Train yourselves to see the good in people and situations rather than the negative. Make a conscious effort not to allow any negative talk. It takes a real effort to

break this habit, but with vigilance it can be done. Make sure that the media you watch is of a positive nature rather than critical, destructive or violent.

Get out of the 'victim mentality'. Start giving praise, being thankful and appreciating the small pleasures of life. Go for walks in the park where you can take in the beauty around you. Plant shrubs and trees and watch them grow. Look for those around you who need help, and offer your services. By doing this you will realize that you do have something positive to offer, and you will experience the joy of making a difference in other people's lives. Before you know it people will start hanging around **you!**

If you have any comments or questions on this subject, please do not hesitate to contact us at sally@forefrontfamilies.org. We invite you to also check out our website at www.forefrontfamilies.org and our blog site at www.forefrontfamilies.blogspot.com for further assistance.