OK, people keep asking me about "How to Stay Positive" so I’ve come up with my very own Top 10 List. I think it's pretty good and hope you find it helpful. Also, just know that becoming more positive or choosing to see life this way is an ever evolving process even for me. So please be gentle with yourself and know that Life Is Good right now!

How To Stay Positive - "My Top 10 List"
by David Boufford, aka; Mr. Positive!

1. **Turn off the negative news!**
   If something really important happens you'll find out.

2. **Learn to always see the glass as half full.**
   Look for solutions/opportunities where others see problems.

3. **Exercise Daily / Eat Better**
   You must move your body even if it's just a 20 min walk.

4. **Bombard your mind with positive books, quotes, music & self talk.**

5. **Fall In Love**
   Start with yourself, if that’s hard try a pet, then move to people.

6. **Associate with Positive People.**
   Fire your flaky/negative friends.

7. **Keep a feel good/gratitude journal**
   Write about all the good in your day/week/life.

8. **Find and indulge in your passions.**
   Ask yourself 'What brings me joy?' Then dig in!

9. **Serve others**
   Find a cause you can support and give your time.

10. **Find a Spiritual path that resonates with you and practice it.**
    Connect with God.

**BONUS TIP:**

Stay connected to your very own Professional Encourager, Mr. Positive!
It brings me great joy to assist you on this journey we call life. I can be found online daily at [http://www.MrPositive.com](http://www.MrPositive.com)