

# Benefits of Cultivating Positivity

- ✓ Positive emotions increase confidence and motivation.
- ✓ Positivity builds long lasting habits of openness.
- ✓ Positivity increases creativity and innovation.
- ✓ Positivity expands attention and awareness.
- ✓ It broadens your mind to new ideas and possibilities.
- ✓ You become more spontaneous.
- ✓ You're better able to envision future prospects.
- ✓ Positive emotions instantly shift the fog of the mind.
- ✓ And you more easily visualise win-win solutions.

- ✓ Positivity lowers bloods pressure.
- ✓ Melts away muscle tension and stomach pains.
- ✓ Positive emotion lowers levels of stress hormones.
- ✓ Being positive sends out more dopamine (feel good chemicals in the brain).
- ✓ Positivity enhances the immune system.
- ✓ Less likely to have hypertension, diabetes or stroke.
- ✓ With positivity you sleep better.
- ✓ With positive emotions there is lower disease risk
- ✓ And overall better health.

- ✓ When you carry positive emotions you attract positive people.
- ✓ Positivity eliminates racial bias.
- ✓ Positivity clears your mind and opens your heart.
- ✓ Positive emotions increase social connections.
- ✓ Positivity builds closer and stronger family relationships.
- ✓ Shifts your core view of people.
- ✓ Positivity magnetises good people to you.
- ✓ Builds positive customer service.
- ✓ People enjoy being around positive people.

- ✓ Without positivity there is no rebound.
- ✓ Positivity increases resilience.
- ✓ With positive emotions you flow more easily with change.
- ✓ You see the bigger picture and appreciate the now.
- ✓ You easily bounce back from life's challenges.
- ✓ You can see the good in the bad.
- ✓ Positivity instantly shifts the stuck or negative mindset.
- ✓ Positivity expands your thinking and doing.

**Positivity for Better Living**

[www.positivityforbetterliving.com](http://www.positivityforbetterliving.com)

**YES!**