



# The Positive Helper

by Vlad Ungureanu

# The Positive Helper

- The Positive Helper
- The realm of possibility
- Benefits
- Developing the skill
- Maintain the positive attitude

- **Positive thinking**
- **Constructive thinking**
- **Creative thinking**
- **Optimist attitude and approach to life**
- **Motivation and energy to do things and accomplish goals**
- **An attitude of happiness**

- **Expecting success and not failure**
- **Making people feel inspired**
- **It gives people the strength not to give up, if you encounter obstacles on your way**
- **It makes people look at failure and problems as blessings in disguise**
- **You look for solutions, instead of dwelling on problems**
- **You see and recognize opportunities**
- **Believing in yourself and in your abilities**
- **Enables you to show self-esteem and confidence**

- **Not everything that is possible with the given time, resources or other constraints**
- **Some things are just impossible**
- **A positive attitude is not the denial problems**
- **Not all problems are blessings in disguise**
- **Some problems are lessons to be learned**
- **Only stupid people refuse to acknowledge problems**
- **Remember the quote about insanity**

- **It helps you achieve goals and attain success**
- **It brings more happiness into your life**
- **It produces more energy**
- **Positive attitude increases your faith in your abilities, and brings hope for a brighter future**
- **You become able to inspire and motivate yourself and others**
- **You perceive fewer obstacles and difficulties in your daily life**
- **You get more respect and love from people.**

- **Develop a problem solving attitude**
- **Try to find the silver lining in negative situations**
- **Grow a optimistic attitude**
- **Smile and find reasons to be happy**
- **Take responsibility over your thoughts and feelings**

- **Establish SMART objectives**
- **Express gratitude**
- **Avoid "have to" and "must" in your vocabulary**
- **Focus on positives**
- **Live in the present**



- **Follow your objectives**
- **No pain no gain (no growth without challenges)**
- **Every failure is a lesson learned**
- **Talk in a positive, compassionate way towards yourself**
- **Remember to breathe**
- **Take time for yourself**
- **Be assertive in communication**
- **Understand the realm of possibility**

**THANK YOU!**

Vlad Costel Ungureanu  
[ungureanu\\_vlad\\_costel@yahoo.com](mailto:ungureanu_vlad_costel@yahoo.com)

This is a free course from [LearnStuff.io](https://LearnStuff.io)  
– not for commercial use –