

EMPLOYABILITY SKILLS

(Class IX)

Common to All Sectors



PSS Central Institute of Vocational Education
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UNIT 2 : SELF-MANAGEMENT SKILLS

Session 4 : Positive Thinking

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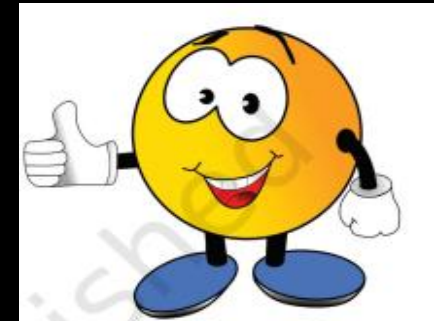
Session Objectives

The students will be able to:

- ❑ Describe the meaning of positive attitude;
- ❑ List the benefits of having a positive attitude; and
- ❑ Identify ways in which one can develop a positive attitude.

Introduction

A person's attitude can be considered either 'positive' or 'negative'. A positive attitude towards life and work can help us to succeed. Similarly, if an individual has a positive attitude towards challenges, then he/she can overcome them and grow positively in life and work. Positive thinking requires a person to look at the good in things, observe, understand and patiently work towards improving them, rather than worrying and/or looking for the bad in things.



Importance of Positive Thinking

Positive thinking leads to good results for you, like

- ❑ Overcoming challenges in life and workplace
- ❑ Making you do well or making you an energetic individual
- ❑ Helping you get better at work
- ❑ Making you and others around you happy.



Examples of Negative and Positive Thinking

Examples of negative thinking:

- I did not get enough marks to choose the Science stream. My life is ruined.
- My team lost the match because of me.


Examples of positive thinking:

- I did not get enough marks to choose the Science stream, but that's not the end of my life. I can consider options in other streams.
- My team lost the match today, but we can see how we can do better next time






Cultivating Positive Attitude

There are few simple steps to cultivate a positive attitude in life.

Let us try to understand this with the help of the abbreviation 'SMILE'



SMILE

-  **Start your day in a positive way**
For example, exercising, reading or watching something motivating; talking to people who are positive and make you smile.
-  **Manage time to relax**
For example, sit in a relaxed position and just feel how you are breathing. You can do Yoga and meditation or listen to music to relax and stay calm.
-  **Imagine the best in any situation**
For example, do not keep thinking of things that are going badly, instead think how you can make things better.
-  **Learn to take feedback in a positive way**
For example, if someone gives you feedback, objectively think how it will help you to improve and start working on it.
-  **Express gratitude**
For example, be thankful for all the good things you have, to people who have helped you or pat your back for the good things you have done.

Summary

In this session, you have learnt about the meaning of positive attitude and the benefits of having a positive attitude. You have also learnt about the ways in which you can develop a positive attitude.

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