Positive Attitude: Developing an Optimistic Thinking among Kids by Harry Yadav

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Once there was a farmer in a village. The farmer was the owner of an old mule. One day the mule fell into the well in the backyard. The mule was screaming loudly for help. The farmer heard the muleâ€™s screaming and carefully assessed the situation. Though he sympathized with the old mule, at last he decided that neither the mule nor the well was worth the trouble of saving. The farmer called his neighbors, told them about his worries and asked them for the help to bury the old mule in the well itself. The mule initially got hysteric, but suddenly an idea stuck his mind.

It suddenly dawned on him that every time a shovel load of soil landed on his back, he would shake it off and step up. So the mole did the same blow after blow. Though for this he had to go through some pain, but at last he succeeded to save his life. The mole could have surrendered to the circumstances; but he decided to fight back the situation and ultimately succeeded in molding the situation in his favor. What seemed like it would bury him actually helped him . . . all because of the manner in which he handled his adversity. Life also works in the same manner. If we face every situation with a positive attitude, we could survive in any adverse situation.

Facing every situation with a positive attitude is the art of living a worthy life. Our life is not a bed of roses, but a path of thorns; so it is very important to be ready for those thorns. It is on our perspective of looking at things that make us deal with any situation. A pessimist can view a glass half empty, whereas an optimist can view a glass half filled up. This attitude should be nurtured from a very early age so that kids can become a potent survivor in their future life.

There are many health benefits also that are associated with the positive way of leading a life. An optimist person always enjoys a life out of stress, develops greater resistance power, better psychological and physical well being, reduced risk of death from cardiovascular diseases and better skills to cope up with any situation. Everyone wants to live a happy life and the key to this is an optimistic attitude. When parents show a positive attitude towards different things or situations, this attitude automatically transmits into their next generation. When kids do anything wrong, being parent we should handle the situation patiently.

Teaching kids to identify and appreciate what is good about them, and focus on the words of appreciation that remind them of how special they are, is the most important tool in developing a positive attitude in kids. They should also be encouraged to find more numerous positive qualities about themselves - not just in the areas that are already measured by school and society. But also in terms of how many words of appreciation they can find about what makes each unique, and uniquely valuable.

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Harry Yadav - About Author:
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