

A good attitude equals a good life

[Experience](#), [Happiness](#)



Would you rather look at a glass as half empty or half full? Three ways to help you maintain a good attitude in order to maintain a happy life are look at the positive, treat others the way you want to be treated, and never hold a grudge. Maintaining a good attitude in life will not only make you happier but it will make you healthier. Good attitudes reduce your stress level which equals a good life. If we always look at the positive in life we will not be able to have a bad attitude! Some of the hardest things to do is find the positive in a bad situation.

For instance a death in the family or losing a house these are very stressful situations which make us want to look at what we see right away, the negative. When the positive is right in front of our eyes, yes a loved one died but they probably lived a good life and were happy and yes that particular house is gone but new adventures and memories lie ahead. Even if we have to dig down deep sometimes we need to focus on the positive and throw the negative in the trash because negativity will never get anyone anywhere.

How do we want to be treated? This is an easy question to answer we all want to be treated with respect and with a positive attitude from others. Even though it might be hard sometimes we should always treat others the way we want to be treated ourselves. When we are at work our bosses do not always give us the respect we deserve, even at school the teachers may not always treat their students with respect. The fact is if we do not give respect we will not receive respect, now in lies the saying treat others the way you want to be treated.

Some people do not show respect but that does not mean disrespect them back instead treat them how you want them to treat you and your life will be

more at ease knowing you did the right thing instead of at rude and disrespectful. Your life will be rewarded by a good attitude and a settled heart. Is holding a grudge easier than forgiving? Yes, absolutely to forgive someone for some reason is harder than to just stay mad at them. When someone hurts you in any way our first instinct is to hold a grudge but in order to maintain a good attitude in life we need to learn to forgive and forget.

To forgive and forget will make you have a better attitude towards life. When we get fired, or dumped, even betrayed our first instinct screams at us from the inside out saying " I hate you" or " I will never forgive you" hate is such a horrible word which can turn anyone's attitude into a horrible one. Just because someone hurt you do not mean we should make our lives filled with hate and resentment instead we should forgive them and forget them.

These are three ways to maintain a good attitude in order to have a good life by looking at the positive, treating others the way you want to be treated, and never holding a grudge. We might slip up sometimes but no one is perfect we are all only human after all. Just try and remember three things even if the situation is bad we can always find a positive, treating others the way we want to be treated will make us joyful when we return the favor, and forgiving people is hard for every one since we are human after all but to forgive will make our lives and attitude better.