



# **6 Steps to Living a Positive Life**



**Hans Wrang**

# **6 STEPS TO LIVING A POSITIVE LIFE**

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Co-written and produced by Susanne Mitchell

[www.realmediapeople.com.au](http://www.realmediapeople.com.au)

# CONTENTS

<b>Introduction:</b>	Hans Wrang	5
<b>Step 1:</b>	Notice Something Every Day	7
<b>Step 2:</b>	Don't Pay Without Getting Something In Return	11
<b>Step 3:</b>	Balance the Ledger	15
<b>Step 4:</b>	If You are Missing Something, Look Elsewhere	17
<b>Step 5:</b>	Think About What You Do	21
<b>Step 6:</b>	Find the Buzz	24
<b>Conclusion:</b>	Start Living in The Positive Lane	26

# INTRODUCTION

HANS WRANG

Over the centuries, many of our greatest teachers and philosophers have believed that what we get from life is a result of what we have thought. Science has now discovered why. The key to living a more positive life lies in the way we approach different situations, and in learning how to adjust our thinking and focus so as to ensure better outcomes and experiences.

It has been proven that each and every thought we have activates neural pathways in our brains. Those thoughts determine the way we see life, how we experience life and ultimately the result we get. The more often we think the same thoughts, the more frequently we activate the same neural pathways, and the more we keep seeing life the same way and getting the same results.

However, it has also been proven that we can rewire the patterns in our brains by changing our thoughts. At first this requires conscious and deliberate effort, then over time it becomes a natural way to think, and that can transform our lives.

You may have heard of 'Positive Thinking', which intuitively sounds like a good idea, right? To a large extent it is, but one of the problems with 'Positive Thinking' as it was originally conceived is that one of its key concepts is to always think positive thoughts and, if you do that, nothing bad will ever happen. But real life just doesn't roll that way, so when something bad happens we start doubting whether we've done this 'Positive Thinking' right, and become disillusioned that it is not working for us.

To change your life and set it in more of a positive direction, you need instead to change the way you think about the 'bad' things, the things you didn't want to happen. This will change the way your brain is wired and ultimately lead you to experience life in a more positive light. Changing the way we think is one of the fundamental principles of 'Positive Psychology'.

Anyone can use Positive Psychology to neutralise the negative forces that so often take over our lives. You can find and live your true purpose, as well as improve the results you get at work, home and in all other areas of your life.

## 6 Steps to Living a Positive Life

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It's human nature to focus on the things that aren't right in our lives, the things that are missing or not working, what we wish would be or the things we no longer have that we once valued. We all wish and dream for a better life, better relationships, fulfillment, maybe more money, a better car, holidays and more opportunities for great experiences...

But no matter what's on your wish-list, you can use your mind as a tool to set you on the path that will turn that list into reality.

This short e-book is designed to help you start that process by learning some simple steps – ones you can take right now – towards living a happier, healthier, and more positive life.

A handwritten signature in black ink, appearing to read 'Harris', with a horizontal line underneath it.

# STEP 1

## NOTICE SOMETHING NEW EVERY DAY

If I said to you that we don't see with our eyes, you'd probably think me completely mad, or at least tell me to check my knowledge of anatomy! The truth is, though, we really *don't* see with our eyes. Let me explain.

Of the 70,000 stimuli we are presented with each day, we consciously only notice around 3,000 of them. Which 3,000 we notice is largely determined by our beliefs, what is important to us, and what we value most.

In effect, what we notice becomes evidence of our beliefs. If we have a negative belief about something, the things we notice around us will reinforce that belief and start a trail of subconscious thought, which will strengthen the neural pathways associated with that thought. Thus we end up getting the same outcome.

So we don't see with our eyes, we see instead with our emotions, beliefs and values... Our eyes as well as our ears and other sensory organs are simply conduits that relay signals to the brain, which in turn interprets them according to those values, beliefs and emotions.

To change your outcomes and results, you need to first change what you think and also what you 'see'. One good way to practice this is to consciously and deliberately notice at least three things every day that you have not noticed before. Then you associate each new thing with a new thought and a new belief that is aligned with a better outcome, one that you want to achieve.

For example, let's say that you have the following belief: you'll never get the job you want unless you promote yourself as others seem to do. What you will notice is that all the people getting good jobs seem to also be good at self-promotion. Instead, if you switch your focus and deliberately look for someone in a good job who is *not* a self-promoter, or situations where an obvious self-promoter *didn't* get the job, you can start to associate the evidence you 'saw' with a new thought and a new belief that people like you *can* actually get the good gigs. The funny thing is that it was there all along, you just weren't used to looking for it.

## 6 Steps to Living a Positive Life

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By paying attention to different things going on around us, instead of operating on auto-pilot and gazing at our own navels, we can reduce stress, unlock creativity, and boost performance.

The process of actively noticing new things is called 'mindfulness'. By becoming mindful we are brought to the present moment and this very process stops us from making negative evaluations, worrying that we'll find problems we're powerless to solve.

It is a very simple process that anyone can undertake. The techniques required to cultivate greater mindfulness are incredibly simple and are available to absolutely anyone free of charge. The more you practise it, the easier it is to develop. Being in the present moment can become as much of a habit as our normal state of what I like to call 'mindlessness', where we are in a distracted state and completely mindless of what is actually happening around us.

If you haven't heard of mindfulness, then an easy way to describe it would be to give you an example of an every day occurrence applied in a mindful way. Let's look at having a shower in both a mindful and mindless way.

**Mindless:** You barely notice the water as you step underneath the shower because you're thinking about some conflict that happened at work yesterday, and wondering how you can resolve it. Oh, and



## 6 Steps to Living a Positive Life

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is there any milk left in the fridge or did your teenage son finish it up along with the last of the bread? Teenagers! Now you'll have to run out and get something in for breakfast. Why is the water always either too hot or too cold?

Does that thought-pattern sound familiar?

**Mindful:** You notice the warmth of the water as it hits your skin and you become aware of how soothing it feels. The scent of the shower gel permeates your nose and you wonder what it is... A flower of some kind? You're mindful of the product and the sensation of it cleansing and refreshing your skin. You're mindful of the water and how much you're using, its temperature and the sound of it splashing on the tiles. You're there in that very moment.

Doesn't that sounds like a better way to shower?

The opposite of mindfulness is auto-responding, where our brains simply respond subconsciously to the things around us. This sets in motion the same trail of thought we usually have, activating the same old neural pathways and therefore continuing to see life the same way.

It's like placing ourselves on auto-pilot, where we don't consciously control our thoughts or actions, our 'plane' flies by itself. This can certainly save energy in some situations. Imagine how exhausting it would be to have to think about every movement of your body when you're driving a car or taking a walk? Some things work really well on auto-pilot. But real change only happens when we apply conscious, deliberate, mindful thinking to it.

Operating all aspects of your life on auto-pilot might work okay for a while, but if your whole life runs this way then you'll completely miss what's going on around you. You'll find that your mind thinks those same old thoughts, that same old way, and you may react in an unnecessary manner if things don't go according to plan without even realizing why.

Being mindful and aware, rather than operating on auto-pilot, will allow you to choose how you respond to situations, and give you freedom from the habitual old patterns of your mind.

Here's a little game you can play to try this out. Put yourself together with some friends – perhaps in a

## 6 Steps to Living a Positive Life

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shopping centre, at the footie or maybe a BBQ, somewhere you are all in the same place and therefore exposed to exactly the same stimuli. Theoretically, you will see the same things. However, what you will find if you start discussing it, is that you will all have noticed different things, depending on what is more relevant to each of you. So ask around. Ask what your friends are seeing and experiencing. Seek out those perspectives that differ from yours, and take note of the more positive ones.

All the things you *didn't* see represent opportunities for change.

By consciously and deliberately noticing new things, you will start to see fresh, new opportunities for changing your life.

## STEP 2

### DON'T PAY WITHOUT GETTING SOMETHING IN RETURN

When we go to the supermarket and get our basket of weekly groceries, we quite readily accept that we hand over some money at the checkout. We give up something we have and get something we didn't have. Mostly, we consider this to be a fair exchange.

Partly this is because when we go to the supermarket, it is quite easy to see what we're getting in return for what we give up. It is also because doing so is a conscious choice.

In other areas of life, we tend to see things a little differently. We often have to give something we value up without readily being able to see what we get in return. For example, we may have to give up a job or a relationship, or we may feel that our current situation simply isn't ideal, and we therefore 'pay' even though we don't feel good about the situation.

But everything in life has two sides. The problem is that we are often so focused on what we have to pay out, that we don't see what we're getting in return. If I asked you to look at any item you have handy, a coin, a piece of paper, or even a wall in your house, you will easily see it has two sides. You may only be able to focus on one side at a time, but you still know that there is another side to it. It is the same with everything non-physical.

Every time you give up something, you get something you didn't have before. You simply can't have one without the other. The secret is in training yourself to look at the other side, and to consciously and deliberately identify what you get in return for what you pay.

So the next time something comes up that doesn't suit you, or adds stress or negativity to your day, take a moment to break it down and look at it from a different perspective. Not only will there be some advantage to your new situation – that you can't yet see – but remaining positive will actually keep your mind in the right state of consciousness and open up ways to resolve the problem at hand.

When faced with an obstacle or difficulty, our natural 'default' position, consciously or subconsciously

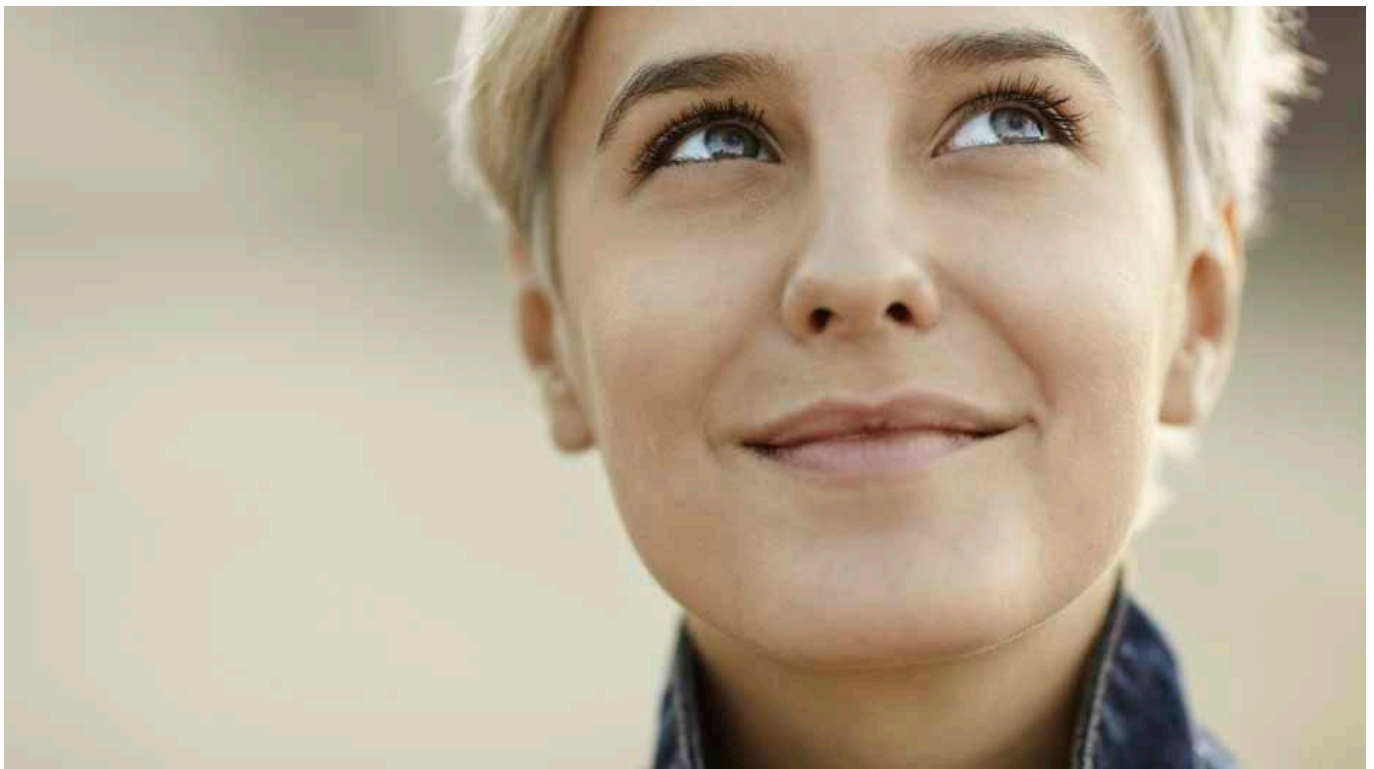
## 6 Steps to Living a Positive Life

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is to think about how the obstacle will prevent us from going to where we want to go. If you are driving your car down a road and a tree has fallen across the road, your first thoughts are likely to be about how the tree is preventing you from reaching your destination on time. The same happens with 'non physical' obstacles in life. On the other hand, if you consciously and deliberately start thinking about how can this help you, which opportunities the obstacle may represent, you are likely to start seeing opportunities you had not previously seen.

The obstacle or difficulty you're facing may not be what you wanted or expected to happen, but if you 'see' it as an obstacle, it will serve as 'evidence' of your belief that this is going to stop you. Instead, if you see it as an opportunity to 'take a different route' you are highly likely to experience something you wouldn't have otherwise.

Seeing the obstacle and responding by thinking that it will stop you activates the same neural pathways you always use and strengthens your beliefs that obstacles are bad. Starting to see them as opportunities to do things differently activates new neural pathways and soon becomes a fresh new default response.



## 6 Steps to Living a Positive Life

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Whether in business or in your personal life, growth more often happens when you are forced to do something differently to the way you always have. So embrace each opportunity to do this!

Negativity is completely contagious, affecting everyone with whom you come into contact, and when you focus on the negative, resolution can be much more difficult to work out – it's held back by those negative thoughts.

Yet there is something to be learned from every situation, and no matter how bad it seems there's always something positive to be discovered. You may be in the wrong, or have made a mistake, but if you accept that and take responsibility for it, you can continue knowing you're likely to make a different decision in the future.

Great personal development can come from learning a new approach to life. We learn so much from 'what not to do next time'. It doesn't matter what the subject matter, whether it's parenting, building a career or business, nurturing good friendships or a significant relationship.

Mistakes give us the wisdom to know better. Dr. John DeMartini puts it well when he says:

There is no such thing as failure, just feedback.

Life has a way of providing you with feedback and opportunities to do different things. But all too often we interpret those opportunities as failure and give up.

If you have ever watched one of the many talent shows now on television, you're likely to have seen the various ways contestants respond differently to their 'fate' and either take it as feedback or failure. One example I recall is that of a teacher whose dream was to become a singer. She made it through the initial auditions, got into the top 50 and went all the way through to the round where contestants are taken by their coaches to work with their chosen mentors, competing for a spot in the coach's 'Top 3'. In the end, she wasn't chosen for her particular coach's 'Top 3'. Mind you, how these coaches ever choose 3 out of 6 is beyond me because arguably they are all equally good! What was interesting was this contestant's response. When interviewed ahead of the decision, she said:

## 6 Steps to Living a Positive Life

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This decision will determine if I am one step closer to realising my dream, or whether I have to go back to my old life as a teacher.

But she had already achieved far more than before she entered the competition, so why take the decision as defeat and go back to her old life? Why not say:

I may not be go to the next phase of this competition, but whatever happens I am further ahead than I was before, so I will use what I've learnt to take me towards my dream...

We can all learn to develop and grow from failure. It's really an opportunity to evolve to the next level of our lives. There's an African proverb:

Smooth seas do not make skillful sailors.

Adversity allows us to become stronger – if we choose to think of it as feedback and not failure, if we focus on what we get in return for what we pay and how we can now use that to take us to where we want to go.

## STEP 3

### BALANCE THE LEDGER

There is a tried and tested scientific principle that says ‘for every action, there is an equal and opposite reaction’. If you’re familiar with physics then you’ll know this is Isaac Newton’s third law of motion. When one body exerts a force on a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction on the first body.

But this law isn’t just true of physics – it’s true anywhere in life. Whenever you are faced with a situation you perceive to be negative, something you didn’t want, there will always be a flip side – you just have to look for it... What can you find on the opposite side, the positive side of the coin?

The spiritual equivalent to this is known as karma, or the natural law of reciprocity, a principle that is said to govern all our interactions. The first thing we do in life is take a breath. After that, we must give back and breath out again – it’s the rhythm of life, the law of cause and effect.

So if you give happiness, then happiness will be experienced in return; and if sorrow is given, sorrow will be experienced in equal measure. In other words, whatever emotion I cause another to experience will ultimately become my own experience.

So whatever circumstances you’re in at the moment – whoever or whatever is compelling you or repelling you and whatever you are experiencing – this is likely to be the consequence of your own prior thoughts, decisions and actions. Understanding the law of karma gives deep significance to concepts such as responsibility and justice, and works hand-in-hand with the scientific principles of Newton’s third law.

As mentioned earlier in this book, as human beings we have a tendency to focus on what is wrong, what is missing, what we no longer have and what we wish would be. For every one of those, there is an equal and opposite side. We just need to consciously and deliberately look for it. We *can* make a choice to embrace the positive and discard the negative.

## 6 Steps to Living a Positive Life

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Our personalities are often a product of how we learn to view life in general, formed through belief systems our parents taught us and other learned behaviours. But we *can* choose to un-learn that 'natural' behaviour and move forwards. Of course we can't turn back the clock and change our past experiences. But we can challenge ourselves to control our thought processes. We *all* have a choice of how we think, how we react and how we choose to live our lives. All we have to do is train ourselves to change the way we naturally think, and automatically look for the positive rather than the negative.

How do we do this? Again, it requires conscious and deliberate effort. One good way to start is to write things down. Every time you're faced with a situation you perceive to be negative, find a quiet space for 10 or 15 minutes, and write down a list of at least twenty benefits to that situation, or aspects of it, that you can use as opportunity.

At first, your mind will be blank. This is simply because you may not be used to seeing the other side of the coin. Your brain's natural response is to activate the neural pathways associated with the negative situation. But don't give up!

Just take a breath and consciously and deliberately start identifying the benefits and opportunities associated with the negative situation, and write them down. In other words, start activating new neural pathways. It won't change the negative situation, but stewing over it won't change it either. Instead you will start to 'balance the ledger' of your experience, and you will see both the negative and the positive side of the situation, neutralizing the negative effects of it.

You will also train yourself to see things you didn't see before, because you will have forced your brain to build new neural pathways rather than allowing it to auto-respond.





## STEP 4

### IF YOU ARE MISSING SOMETHING, LOOK ELSEWHERE

We often become so focused on what we don't have, wish to have or may have once had but lost, that we completely miss all the good things we *do* have. If you find yourself thinking more about what was, or what you wish would be in one particular area of your life, start looking at other areas of your life and identify what you *already* have. It diminishes the negative feelings associated with thinking about what you don't have.

Often finding gratitude for the good things in our lives frees us from an unhelpful focus on the negative things. This in turn allows us to find more positive ways around the things troubling us.

Researchers in the field of Positive Psychology have been studying the effect of gratitude on our health and general wellbeing for years. They have found that grateful people are happier, healthier and more energetic, and the more inclined a person is towards gratitude the less lonely, stressed, anxious and depressed he or she will be.

Of course in order to be grateful, we need to know what to be grateful for in life. This means consciously and deliberately looking in other areas of our life to find things of equal or greater value to that which we have lost or believe we are missing.

One of the areas in life where people often feel something is missing, or where they have lost, is in relation to work. It may be that they wish they had a different job, or they may have lost a job or an opportunity for advancement. A natural reaction is to focus on what you wish you had, or on what you no longer have. But if you can turn this around and focus on what you still have, either in the area of work or in other areas of life, the importance of what you've lost, or what you wanted, then diminishes.

To do this, we need to first look at what the thing we don't have represents. For example, if you wish you had a better job or if you have just lost a job, think about what that means to you. It may not be the job itself that is important. What might be more important to you are the feelings that having

## 6 Steps to Living a Positive Life

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this particular job gave or would give you. It may be positive feelings of self-worth, or feelings of contributing in a meaningful way. Perhaps the job represents prestige or engenders feelings of being valued?

Only you will know.

Yet understanding this is important because once you know what the job *really* represents, you can look in other areas of life for things that already give you those same feelings.

Perhaps you are involved in a community group or some volunteer work where your contribution is highly valued, or you may be helping your children with their education, which gives you feelings of self-worth or being valued?

What you will find is that you already have what you think you are missing. You just weren't looking for it because you were focused only on what you are missing or what you lost.

From a neuro-scientific perspective, this comes back to only consciously seeing 3,000 out of the 70,000 stimuli around you each day. Since your thoughts are so focused on what you believe you don't have, the things you consciously notice serve as evidence for this belief, which continues to activate the neural pathways associated with those thoughts and beliefs, and prevents you from seeing the things you *do* have.

By consciously and deliberately switching your thoughts and focus to other areas of your life, and deliberately looking for things in your life that you hadn't previously focused on, you will find lots of good things that well and truly make up for what you don't have.

Noticing and appreciating our feelings for life's little blessings can produce just as much benefit as being grateful for the monumental moments.

Practicing simple gratitude on a daily basis will also help when the really hard times hit – not just simply having a bad day, but those times when nothing seems to go right in your life, or when you

## 6 Steps to Living a Positive Life

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are presented with a particularly difficult challenge or adversity. You will have a learned behaviour to help get you through.

Here, you can also use the tip from Step 2 earlier in this book. Every time you are in a situation you perceive to be not ideal, consciously look for the opportunity it represents rather than the obstacle. Let's say you have lost a job or an opportunity for advancement. As well as looking elsewhere in your life to find what you already have, you can also look at how the situation can actually help you.

Keeping a gratitude journal can also be a really good way of helping you to consciously and deliberately look in other areas of your life. Write down all the things you are grateful for each day. It will train your brain to look for them, and once the thought is conscious, you are more likely to really notice them. Remember, this process starts with activating the neural pathways associated with those thoughts, which leads you to noticing things around you as evidence of your beliefs. Forming beliefs about the good things you already have becomes a self-fulfilling prophecy.

Of course the moment something bad happens, we aren't going to 'feel' immediately grateful for it. The key is to just 'be' grateful for the flip side, which you know will come. Granted, it is not easy to force yourself to feel grateful if you've just lost your job, or split up with your partner. But in maintaining an all-round perspective of gratitude, when disaster strikes you will at least be equipped to look on the bright side.

Some people find it useful to write down the things for which they are grateful at the end of each day, to capture that day in perspective. Others prefer to do it first thing in the morning, to set themselves up in a positive frame of mind for the day. Being grateful in advance can really change how things turn out.

Here are three simple examples of how to practice gratitude:

1. Identify just three to five things for which you are grateful. Maybe it's the warm, clean sheets on your bed, or the sunshine outside your window. Perhaps it's a cuddle from a loved one or the fact that you have a job to go to that day. It is often the simple things that add up to a grateful life.

## 6 Steps to Living a Positive Life

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2. Look for what is right, not wrong, in a situation – refer back to Step 3 for help with this. Maybe you were given the wrong coffee order on your way to work, but aren't you lucky you can have a coffee made for you every morning?
3. Share your gratitude with others. Pick up the phone and call a friend to tell them how much their help and support has meant to you. Let your friends and family know how much you love them. Tell an employee that they're doing a great job and why you are grateful for their input.

## STEP 5

### THINK ABOUT WHAT YOU DO

What kind of work do you do? When I ask people what they do, most say, 'I'm an electrician', 'I'm a cleaner' or 'I'm an accountant'. Many people identify themselves with their profession or their job title.

But there is a lot more to a job than that. Research has shown that the way we feel about what we do, not surprisingly, has a significant impact on how we see life and our overall level of happiness.

If you start thinking about what you do in terms of how it contributes to humanity, and how well aligned it is with what really gives you a buzz, you will find that it takes on a completely new perspective.

Society generally, and employers specifically, have over the years attached certain values to different job types. For example, I think it is fair to say that society regards the job of a merchant banker as somewhat more prestigious than say that of a cleaner, and it is not uncommon to hear someone say: "oh, I am just a cleaner", whereas I rarely hear someone say: "oh, I am just a merchant banker"!

Yet when we examine what each of these job functions contribute to society, we will find that society simply can't function the way we want it to without either of these jobs being done well. Imagine the mess we would be in if there weren't any cleaners! I don't wish to be too unkind to merchant bankers, but some might even say, imagine the mess we'd be in if we had more merchant bankers!

So how does your work help or contribute to other people? Can you find three aspects of what you do in your daily work that is helpful to others? Even if you can only find one, make the decision to focus on that when feeling negative about your work.

Depending on what you do, it can sometimes be hard to see how it contributes to the greater good of humanity. We often think about people such as Fred Hollows, Albert Einstein, Bill Gates and Richard

## 6 Steps to Living a Positive Life

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Branson as contributing to the greater good, but that is simply because their contributions are highly visible.

We all contribute, it is simply a matter of defining how. One good way to think about this is to visualise the results of what you do, and then link that to the outcomes to which it ultimately contributes. Let's say you are one of the cleaners we mentioned earlier. As you go about your daily tasks, visualise people enjoying the clean area where you are currently working. Picture them in your mind saying to each other:



*It is always so nice coming here, because the environment is always so clean and fresh – it makes the experience of coming here so enjoyable. I'm really grateful that someone took the time to make sure everything was done properly and cleaned thoroughly.*

You are now linking what you do to how it makes other people feel and you can think of what you do, not as 'I am a cleaner', but as 'I contribute to giving people a positive frame of mind, and have enjoyable experiences by making the environment they occupy clean and fresh'. Which of those two would you rather be?

Looking for the positive in a situation is a mental attitude. Don't forget that what we think affects how we behave. Whereas all we have to do is look at things in a more positive light, and we'll be able to concentrate more on solutions rather than problems.

For example, if there's a specific task that you dislike, consider talking to your boss or supervisor to ask if you can swap it with a co-worker – there may be a task that someone else hates that you don't mind. You won't change anything if you don't take action!

## 6 Steps to Living a Positive Life

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Also remember that your job does not have to define you. There is life outside of work, and you could choose to focus on that instead.

Of course if, at the end of the day, you really do hate your job then you have to ask yourself the question: why are you still doing it?

Consider making a change and actually find what makes you tick. Read on for more help in trying to find 'the buzz'...

## STEP 6

### FIND THE BUZZ

One of the fundamental principles of Positive Psychology is to define and use your ‘signature strengths’, the things you’re really good at that give you a real ‘buzz’ when you do them.

The US-based Gallup organization conducts a regular survey into what strengths people believe they have. They consistently find that, when asking how much people feel they apply their real strengths at work, less than 20% answer with ‘most of the time’. Traditional company structures and the way work is organised often prevent people applying what they are really good at, so most of us have to carry out our jobs according to universal job descriptions, and job families with defined skills and capabilities.

None the less, as you go through your day, whether at work, in social settings, at home, practicing your hobby, volunteering or any other activity, there will be times when you suddenly feel a buzz from what you were just doing. You may have been doing something that lasted a few moments or several hours but, however long it took, these are important moments to capture.

Every time you come away from a situation feeling this buzz, you have most likely engaged one of your signature strengths, and done something aligned to what’s important to you and inspires you. Research has shown that even a small increase in the amount of time you are able to do that leads to significant increases in your overall level of happiness.

So try to really study what gives you ‘the buzz’. Don’t let those moments pass without capturing them. If you don’t have time to analyse them as they happen, write them down and come back to them later. Then think quite deeply about what it all means. What was it about that situation that caused you to feel that buzz, what inspired you and seemed to trigger something important to you?

As an example, whenever I feel this buzz and stop to figure out what caused it, it’s usually because I was doing something that made someone’s life a little easier. Doing this is one of my highest values and linked to one of my signature strengths. What is your highest value?



## 6 Steps to Living a Positive Life

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Doing this exercise is important because it will also help you to work out what's really important to you and what makes you tick. Once you know that, you can consciously and deliberately look for more opportunities to do more of it.

You may not be able to completely rearrange your work so that you *only* do things that inspire you and give you a buzz, but you may be able to talk with

your colleagues about taking on *more* things that do. Perhaps the things that give you a buzz are things your colleagues don't like doing much? Or you may be able to spend a bit more time applying this to a hobby of yours, or in a social setting.

Of course increasing the amount of time you spend on things that inspire you, also diminishes time spent on things that don't really give you a buzz at all. It changes the balance.

American psychologist Amy Wrzesniewski, who has researched the relationship between people and their work, has found that people view what they do in one of three ways: as a job, a career or a passion. Interestingly, while we may sometimes associate doing things such as medicine or ministry as 'passions', she also found that people in all types of jobs see what they do this way.

Depending on what is important to you and what your signature strengths are, you can find inspiration and get a buzz from stacking supermarket shelves as easily as from doing neurosurgery. The important thing is to look for is what gives you a buzz, then link that to what is important to you, and then do more of it.

Doing something that inspires you and gives you a buzz where you are applying your signature strengths takes absolutely no effort at all. Whereas when we do things that are uninspiring, it's like pulling teeth or swimming against the tide, and we easily feel miserable, drained and negative.

When we have passion and purpose in our lives, everything seems to be a lot easier and clearer.

# CONCLUSION

## START LIVING IN THE POSITIVE LANE

As individuals we are in charge of our own destiny. We can't control everything, but we are able to choose how we respond to what happens. We can put ourselves in the driving seat and take control of our future.

At The Positive Lane, we work with people to improve their experience and enjoyment of life, and help them to achieve better outcomes.

By teaching others how to apply the principles of positive psychology and take a balanced perspective on life, we guide people to realign their lives and help them discover what truly makes them happy.

If you'd like to find out more about The Positive Lane head to our website:

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

Or 'LIKE' us on Facebook:

[www.facebook.com/hanswrangthepositivelane](http://www.facebook.com/hanswrangthepositivelane)

Our goal is to help you live a better life and take control of your destiny – regardless of background, age, education or circumstances. Find balance in your life, and discover what will truly make you happy.

Stop living in the fast lane, and start living in The Positive Lane.



**Hans Wrang**



Living a positive lifestyle is more than just thinking positive thoughts. A lot of people believe that all they have to do is to think positive thoughts all day and then nothing bad will ever happen, yet they become disappointed when negative thoughts creep in and bad things do happen.

Living a positive lifestyle is about recognising that ups and downs are a natural part of life. The trick is not to get caught in a downward spiral when things happen that we don't want.

Discover more at [www.thepositivelane.com](http://www.thepositivelane.com)

At The Positive Lane,  
we aim to provide you with  
information and resources  
to help you find balance in life.