

Positive Attitude at Workplace

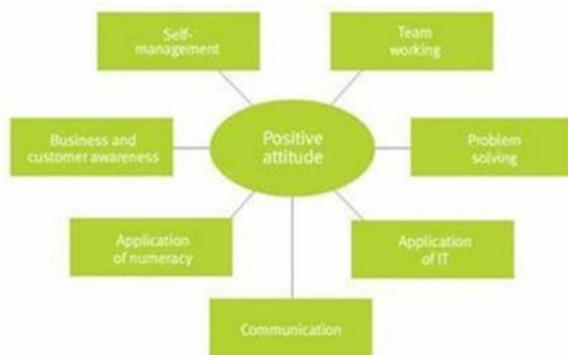
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Abstract- A POSITIVE ATTITUDE is not simply a state of mind, it is also a reflection of what you value. A positive attitude helps you cope better under stressful situations at workplace. Attitude help to develop the prevailing workplace environment that determines employee morale, productivity and team building abilities. An attitude refers to our opinions, beliefs and feelings about aspects of our environment. We have attitudes towards the food we eat, people we interact with, courses we take and various other things

I. INTRODUCTION

A POSITIVE ATTITUDE is very crucial for working in any organization. It becomes difficult to work for every person at his/her workplace. so one has to build positive attitude to achieve their targets. A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life it would bring constructive changes into your life and makes them happier brighter, more successful both in professional life and personal life.

II. ELABORATIVE APPROACH



III. FINDINGS

- Be your own advocate.
- Don't shoot yourself in the foot.

- Learn from your past.
- Set some goals.
- Don't do it alone.
- Surround yourself with likeminded positive people.
- Show gratitude.
- Practice thankfulness.

BENEFITS

- Creates a positive environment.
- Helps to achieve goals and career success.
- Improves teamwork.
- Stress reduction and management.
- Increases productivity levels.
- Produces more energy.
- Improves customer relations.
- Makes for better leadership skills.
- Improves decision making.
- Overcomes challenges.
- Increases self-esteem and confidence individually and also in team.

CONCLUSION

Positive attitude plays an important role in every organization. Due to positive attitude employee can work effectively and efficiently. If a person follows all the above strategies no one can stop him from being successful. Although positive attitude is the result of new thinking, believing in yourself, learning from failures and surrounding yourself with people who share your values, principles. It helps in understanding our strengths and opportunities which can get in adverse situations. Positive attitude develops skills. It makes life easier and flexible.

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