

## The Power of a Positive Attitude

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” – Sir Winston Churchill

The above quote highlights the importance of maintaining a positive, optimistic attitude. At risk of sounding cliché, it is boiled down to the age old question; is the glass half full or half empty? Our attitude will go a long way in ensuring the success of your hot dog cart business.

It is good to keep in mind our actions and decisions are quite often habitual. So in order to adjust our attitudes we may need to change our habits. Before we discuss how we can do this, let us impress upon our mind the many benefits which come from maintaining a positive attitude.

- Helps us achieve goals

If you have an optimistic attitude you won't allow yourself to be easily deterred in making your goals. When you approach potential roadblocks with an optimistic outlook, you are more inclined to find a way around the roadblocks without being discouraged.

- Increases our happiness

It is hard to be content when you only focus on the negatives. But when you focus on the positive, and you can reflect on what you have already accomplished, this contributes to greater contentment. This happy outlook is also going to draw your customers to you.

- Increases our energy

A pessimistic outlook can really zap your energy. But when you so up for work each day knowing that you are going to succeed and overcome any daily obstacles, will help greatly. You will have the needed energy to achieve your objectives for the day.

- It is contagious

We are already touched upon the fact that your customers are going to be drawn to you. Also any employees you have will learn from your powerful example.

So here six helpful tips which can help develop a positive attitude.

1. Feed your mind on positive thoughts

“I don't eat junk food and I don't think junk thoughts.” – Peace Pilgrim

Negative thoughts can be compared to mental junk food. We definitely want to limit our intake of these types of thoughts. Instead we want to feed our minds with thoughts that will inspire. This could include inspiring quotes, stories and other sources.

2. Wake up early

This allows you to get a good start to the day. This may allow you time to eat a good breakfast, and give to time for positive reflection. Of course to accomplish this you need to get to bed early enough to allow for sufficient rest.

### 3. Make plans for the day and week

Specific goals and objective allows you to maintain a specific focus. If you have a clear objective in mind, and you can visualize the end results, this can help greatly.

Connected with making your plans, is having a keen understanding that your plans may not always work out as plan. When plans don't work out, just make adjustments and continue to move forward.

### 4. Exercise

Even something as simple as allowing time to go for a brisk walk each day can have a positive impact. Looking after our physical health can also affect our mental and emotional outlook.

### 5. Develop a thankful attitude

At the risk of sounding cliché, we want to stop and smell the roses. We want to reflect appreciatively on positive things that occurred throughout the day. Views these as gifts, and be thankful for them.

### 6. Associate with positive people

Even though a realistic outlook is important, we want to avoid those that are excessively negative. You don't want to feed into the myth that you can't run a successful hot dog cart business.

The following steps will help you develop the positive attitude needed to succeed.