Mindfulness Shapes a Happier Life: The Importance of Positive Thinking and Confidence

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What is Mindfulness?

- Bringing attention to your internal and external self
- We found a number of elements as part of mindfulness, but we are going to focus on two today.
- Positive attitude and Confidence
Positive attitude
Why do we need positive attitude?

- Positive attitude helps you to reduce your daily stress.
- Positive mood elicits an external focus of attention.
- Increases learning performance
- Develops a meaning for life, and greater future happiness
Critical Positivity Ratio (Losada line)

- Individuals with a higher ratio of positive to negative emotions tend to have more successful life outcomes.

- Which side of the line are you on?
How to develop positivity?

1. Intentionally revel in happy memories.
2. Gratitude, what you have instead of what you don’t
3. Healthy Distractions
4. Find nearby nature.
5. Positive social connections
6. Be confident
Confidence (Nothing is impossible)

Appreciate what you have

- Confidence in yourself about your potential
Anything is Possible

Do not give up

Stop complaining and start acting

It does get tough sometimes
PEOPLE should not decide YOUR worth

Who knows what you have been through?

Start protecting your Dreams.
Legends are not born, they choose to be different.

We all have the ability

Wright Brothers

Steve Jobs

Elon Musk
IMPOSSIBLE is just a puzzle waiting to be solved

Go and Start It

You will set the record

You will take it to the next level

One day, You will own it.
Thank you!


