



Three Steps for Staying Positive in a Negative Business Environment

Unless you have been living in a closet, you know that fuel costs are soaring, consumer prices are rising, and a fall election is looming ahead of us. On the work front, budgets are being slashed, projects are being put on hold or eliminated, salary increases are non-existent and hiring freezes have been implemented.

If that doesn't cause you to either run screaming or to want to bury your head in the ground, then read no further. However, if you are like most people, all of these things are bound to have an impact on your attitude and your work environment.

Keep in mind that you have the ability to create your own reality. Just because many of the business and news pundits keeping forecasting more doom and gloom doesn't mean you have to buy into it.

So how do you stay positive when everything around you is conspiring to pull you down. Consider the following.

- 1. Surround yourself with positive people.** Remember the saying, birds of a feather flock together? This is a great time to put that adage to work for you. Make an effort to stay away from work colleagues that are consistently negative. Instead, seek out those individuals that are working to make a positive contribution.
- 2. Look for the silver lining.** While everyone else is busy singing the "woe is me" blues, focus on what you can do that will position you for success when the market starts to turn. Sales down? Then spend time developing deeper relationships with existing clients. Project canceled? Then take time to clean-up and finish up those smaller projects that no one wants to do. You get the drill.
- 3. Adopt an attitude of gratitude.** This does not mean being a Pollyanna. It does mean finding something to be grateful about everyday. Try this. Start or end your day by finding three things that you feel grateful for. It can be as simple as a hot shower, a nutritious dinner and a soft bed. In time, you will be amazed at how many things you really do have to be grateful for and the impact this simple practice can have on your overall attitude.

No one can predict what will happen with the economy or the impact it will have on your work environment. Likewise, no one can choose your reaction and whether you will adopt a positive or negative attitude. Only you can choose to adopt a positive attitude no matter what the situation.

Remember, attitudes are contagious. Is yours worth catching?

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