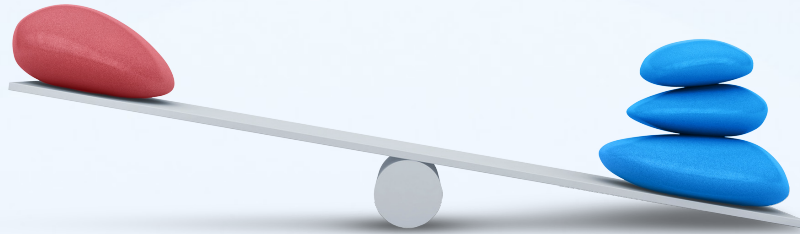


Grow your positivity ratio

Keeping a ratio of three positive thoughts to every negative thought makes it possible to maintain a state of well-being.



Here are some activities you can do to become more positive:

Audit your current ratio

Keep a list on your phone of the number of times each day that you think, say or hear any kind of negative message. Get a sense of how many negatives you are bombarded with.

Share appreciations

When you engage with important people around you in the next few days, intentionally take a moment to share a few things that you appreciate about them. Then ask them to do the same for you. Start like this: "Something I really appreciate about you is..."

Ten positive fingers

If at any stage in the day you find yourself thinking negatively, immediately put your ten fingers out in front of you and say aloud ten positive things about your life right now, one for each finger. Do this whenever you catch yourself thinking negative.

Things you take for granted

Grow your daily list of some of the things in your life that you usually take for granted. Things that many other people may not have, and would give almost anything to have. Eyes that see, the ability to read, clothes on your back, shelter for this season, food each day, etc.

Sharing gratitudes

Start a Whatsapp chat with a friend, or group of friends, and share each morning and evening a few things you are grateful for in this time. Try and get to twenty positive things per day (i.e. a hundred and forty things each week per person).

Three good things

Do the three good things technique as part of your daily Mygrow droplet with as much effort as you can. This is a powerful technique when taken seriously and you will learn all the science behind it on Mygrow as you go.

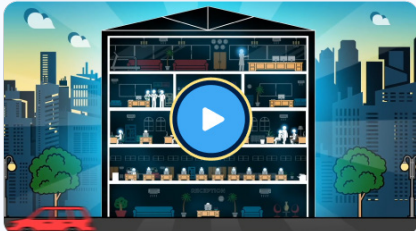
Did you learn something new?

If this resource helped you discover fresh insights, imagine what consistent emotional intelligence growth could do!

Ready to dive deeper? Explore more free resources and take your development to the next level with a [7-day free trial](#) of Mygrow. Get hands-on with our research-backed, practical tools and see how EQ growth can transform you.

If you're considering Mygrow for your organization, let's chat! [Book a meeting](#) today and explore how we can help your team build stronger leadership, reduce turnover, and create a flourishing workplace culture.

How does it work?



Does it really work?

