

## Recognizing the Positives

Source: [Mind Beacon](#)

It's easy to get stuck in the habit of thinking negatively about yourself.

One way to change this is to promote a more balanced self-evaluation by noticing and acknowledging your positive aspects, no matter how small you think they might be.

Focusing on the positives can help enhance self-esteem, confidence and positive emotions.

How do you get started?

It's simple: Write down five positive qualities about yourself, no matter how small or unimportant you may think they are.

Ask yourself some of the following questions:

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some of my achievements?
- What are some challenges I have overcome?
- What do others say they like about me?

Try doing this exercise three days per week and work your way up to doing it daily. The more you do it, the easier it will become to focus on the positive.