

Terms, Vocabulary and Lexicon commonly used in the Context of Positive Mental Attitude or Positive Outlook Towards Life and Career

1. **Optimism:** A positive mental attitude or belief in the favourable outcome of events, emphasizing hope, confidence and resilience in the face of challenges or setbacks.
2. **Positive mindset:** The intentional adoption of positive thoughts, beliefs and attitudes, focusing on opportunities, possibilities and personal strengths.
3. **Gratitude:** The practice of acknowledging and appreciating the positive aspects of life, expressing thankfulness for blessings, experiences, or relationships.
4. **Resilience:** The ability to bounce back, adapt and recover from adversity or stressful situations, maintaining a positive outlook and finding ways to thrive.
5. **Self-belief:** The confidence and faith in one's abilities, talents and potential to achieve goals or overcome obstacles.
6. **Self-empowerment:** Taking ownership and control of one's life, choices and actions, harnessing personal strengths and resources to create positive change.
7. **Growth mindset:** The belief that abilities and intelligence can be developed through dedication, effort and a willingness to learn, embracing challenges as opportunities for growth.
8. **Positive self-talk:** The practice of using uplifting, encouraging and affirming statements or thoughts to counter negative self-perceptions or doubts.
9. **Visualization:** The technique of creating vivid mental images or scenarios of desired outcomes, reinforcing positive beliefs and motivating actions.
10. **Emotional intelligence:** The ability to recognize, understand and manage one's own emotions and effectively navigate interpersonal relationships with empathy and awareness.
11. **Self-care:** Engaging in activities and practices that promote physical, mental and emotional well-being, nurturing oneself and maintaining a positive balance in life.
12. **Mindfulness:** The practice of being fully present and aware of the present moment, cultivating a non-judgmental and accepting attitude towards thoughts, feelings and sensations.
13. **Self-reflection:** The process of introspection and examination of one's thoughts, emotions and experiences, promoting self-awareness and personal growth.
14. **Positivity bias:** The tendency to focus on and remember positive information or experiences more readily than negative ones, influencing perceptions and attitudes.
15. **Personal development:** The pursuit of continuous learning, growth and improvement in various aspects of one's life, such as skills, knowledge, relationships, or self-awareness.
16. **Support network:** A group of individuals, such as friends, family, mentors, or colleagues, who provide encouragement, advice and assistance in times of need.
17. **Adaptability:** The ability to adjust, flexibly respond and thrive in changing circumstances or environments, embracing new opportunities and challenges.

- 18. Purpose-driven:** Being guided by a sense of meaning, passion, or mission in life and career, aligning actions and goals with personal values and aspirations.
- 19. Solution-oriented:** Approaching problems or obstacles with a focus on finding constructive solutions, rather than dwelling on the negative aspects or blaming external factors.
- 20. Positivity contagion:** The spread of positive emotions, attitudes and energy to others, influencing and uplifting the mood and mindset of those around you.

These terms and vocabulary reflect the concepts and principles associated with cultivating a positive mental attitude and a positive outlook towards life and career. They provide a foundation for understanding and embracing optimism, resilience, self-belief and personal growth, contributing to overall well-being and success.

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