

# Serving Scoops of Positivity: A Powerful Tool Towards Manifesting Happiness

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*It is said that a human being's ultimate goal is 'happiness'. An individual identifies with happiness as enjoying the moment as well as achieving one's desired results. Positive attitude is central to both these scenarios. In such a case, it is essential for us to understand what exactly positive attitude means and know how to use this energy to our benefit. This article is about knowing that one can choose to have a positive attitude. It conveys the author's thoughts on the significance of 'having a positive attitude' whilst elaborating on that inner voice of the mind that can make things either much worse, or much better! To do so, the article revisits the history and origin of positive attitude along with the concepts and definitions few philosophers, authors, psychologists, and researchers have developed towards the different facets of positivity. It then focuses on the various traits of positive attitude and the ability to develop a learned optimism through powerful techniques that are life-transformational. Practice the techniques given in this article to serve scoops of positivity every morning for breakfast and thus manifest a world of success and happiness around yourself!*

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*You always have a choice, even if it is only a choice of your attitude.*

*– Lucy McDonald*

Positive attitude is often ascertained as a power...

The power that drives one to success! The power that helps one to cope easily with the daily affairs of life... The power that brings brightness into one's life and makes it simpler to avoid worry... The power that pushes aside any negative thinking... The power that is so constructive, that it can transform one's life... The power that helps one to find happiness within! The power that makes one feel like the best is yet to happen... The power that exists in everyone as a state of mind! The power that drives one's inner voice...

Positive attitude! A thought so powerful in today's world filled with so many negative and crisis situations, that one cannot stress enough on the importance of

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