

## ***A Positive Spin on Negativity...***

Today's post begs a question of possibility. Is it possible in our culture to avoid negativity? The answer is, no!

We cannot completely avoid negativity. Sadly, we are surrounded by it. We often face so much negativity it is difficult to see much positive.

Since, we cannot avoid negativity, what can we do to limit its influence, or put a positive spin on it?

**First, prayer is where it all starts.** God promises to answer, so why not begin at His throne and seek guidance in overcoming the issue.

**Second, focus on spending time with people who are positive.** If we struggle to deal with negativity, a good dose of optimism from friends is another place to help.

**Third, the material we read and the messages we hear need to ring with optimism.** Turning off the television is a positive beginning point. Read a good book...hey, the Bible is a good thought.

**Fourth, commit to saying at least five positive things every day.** Once we are comfortable with five, increase the number by five.

Much more could be said, but this is a positive start in the right direction.

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