Streamline Promotions Reveals the 6 Habits of Positive People

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Positive people always tend to achieve more due to their 'glass half full' mind-set, but what are the habits of positive people? Streamline Promotions, direct marketing specialists in Bristol reveal the 6 habits of positive people.

With those looking to achieve success always looking to improve themselves, it is important not to overlook the significance of remaining positive and its effect on achieving success as fast as possible. Streamline Promotions believes positivity is one of the main attributes required for success and how they look for that in their candidates when recruiting. High achievers have been noted to practice self-talk and often tend to have a different track running through their heads. When their self-talk takes a negative turn, they consciously stop and course-correct it.

About Streamline Promotions: http://www.streamline.gb.com

Streamline Promotions reveal the 6 habits of positive people:

1. They don't beat themselves up - Successful, optimistic people don't get caught up in a cycle of shame and name-calling. Streamline Promotions coach their team to work on the quote: "Sometimes I win, sometimes I learn". Understanding that all experiences regardless of the outcome can carry a positive message if there is something learnt along the way to avoid similar failures.

2. They ditch "hand-me-down" talk – Not everything learnt in childhood can leave a positive lasting message. By revisiting the source, it can be easily rejected by the person if they readdress the message.

3. They view setbacks as stepping stones – Being successful relies on the ability to persevere through tough times, understanding the journey may include diversions along the way, and embracing them will speed up the ability to get back on track.

4. They don't let negative thoughts snowball - People who have healthy self-talk are able to compartmentalise various challenges instead of viewing them as a full-court-press of setbacks. They see each challenge as individual and not part of some greater, negative pattern. As a result they are able to create a plan of attack for each, while others are just left feeling overwhelmed.

5. They don't personalise the situation - Just because one thing didn't go their way isn't a reflection on their ability, commitment or value as human beings. They look at the situation logically and assess why the plan didn't go smoothly and where improvements can be made for next time.

6. They forgive themselves - One of the most important things that high-performers do is forgive themselves. Even when they make mistakes, they look for ways to improve and move on.

Streamline Promotions are goal-driven direct sales, promotions and PR specialists. Their main office is based in Bristol. By having personal development plans in place for everyone in the business, Streamline Promotions have become one of the market leaders in the industry. The firm supports their clients to achieve their objectives through strategic direct sales, marketing and promotional campaigns. As part of their business development program, they offer mentoring for young entrepreneurs, this can include how to maintain a positive attitude.

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