

ARIZONA BUSINESS & MONEY

Type Size: **A A A** Print Email Most Popular SHARE Digg this

Keep positive attitude while seeking work

Apr. 26, 2011 02:50 PM
CareerBuilder

2 comments

Recommend

21 people recommend this. Be the first of your friends.

Tweet

13

Let's face it: Staying positive isn't always easy during economic downturns. This is especially true for job seekers.

Yet the ability to see the good side of things can be one of your strongest assets, both for your career and for your well-being, career experts say.

Some tips to improve your outlook:

1 Smile. A lot.

A positive attitude is contagious, and studies show that optimists tend to be healthier, more creative and better at performing. They're also the people who fare better come raise or promotion time, says Lisa Quast, president of Career Woman Inc. in Seattle and author of "Your Career, Your Way."

"Those who come with a positive attitude . . . are much more likely to accomplish their goal, because their self-talk reinforces that they can figure

out a way to make it happen," she says.

2 Change your outlook.

As a society, we have a tendency to [focus](#) on what is wrong, such as what we don't like about our jobs, what others need to change and what we dislike about ourselves. Instead, try to look at what is going right and what you do like about others and yourself, says Elizabeth Lombardo, a psychologist and author of "A Happy You: Your Ultimate Prescription for Happiness."

3 Find a purpose.

Research shows that when people have a sense of purpose and meaning in their work, they are more positive toward it. Focus on some of the greater-good elements about your job.

4 Work on team-building.

Develop bonds with co-workers. Share a walk around the block during breaks. Have lunch together occasionally. Volunteer as a group to help those who are less fortunate. When we have a sense of belonging to a group, we are more positive and motivated to help that group.

5 Hang with optimists.

"Like energy attracts like energy," says Noelle Nelson, a therapist and author of "The Power of Appreciation in [Business](#)." "After a while, your appreciative attitude will often be reciprocated."