

URL: <https://stvp.stanford.edu/clips/remind-yourself-to-be-positive>

Revisiting research that he presented in his 2011 TED talk, "The hidden power of smiling," entrepreneur Ron Gutman says people can build positivity in their lives by choosing to appreciate all that's good in the present moment, rather than thinking about the goal they are working toward.



Transcript

I think what I discovered in my own life is that it's very - it's possible for each and every one of you to actually build positivity into your life by just being conscious of it, right? Live the moment, right, and yes, you have this hairy and audacious goal that you want to accomplish which can easily put you in a position, easily put you in a position that you're going to be frustrated all the time, right? Because if you climb Everest and you keep thinking about the summit all the time, you are going to be frustrated most of the time because you are not on the summit yet, right? So if you keep thinking about the challenges and why you are not where you really want to be, you're going to spend your life being frustrated.. On the other hand, there are a lot of great things that happen to us every single day that are a lot of fun.. And if you live in the moment and that's the biggest learning point that I can tell you about my research on smiling is that if you live the moment, and you surround yourself by things that remind you that life is great, right? You live in a place that has amazing weather and it's spring outside, it's like the flowers are unbelievably amazing.. Look at them, they are gorgeous.. It's sunny here, right, every single day.. You are surrounded by amazing people.. You are doing something that you're really passionate about every single day, right? So life is awesome even when it's challenging.. And if you pause to remind yourself that every single day and even better if you surround yourself with people that help remind you that every single day the journey becomes so much better.. And positivity is a set of mind.. It's something that you can just decide to become positive and being aware of it in the moment is something that will bring you back to it..

And I use anchors, right? I call it my dandelion list, right? There are certain things in my environment that I kind of tag them as smile inducing.. I just decided to have a list that I decided that whenever I see one of these things it will just remind me to smile.. And I make sure that these are things that I encounter in my environment every now and then.. And there are kind of like they are reminders for me.. Like I see this, I smile.. Some people that make me smile and other things.. So this is my little technique but you can do it however you want to do it.. But deciding to remain positive is extremely important when you are conquering these kind of challenges...