

**“When you love what you have, you have everything you need.”**



This anonymous quote is about life and satisfaction. It's about being grateful and appreciative for the people and things you have in your life.

Yet many people spend their lives wanting more — always seeing what's missing, what other people have and wondering why they don't have it. That's a recipe for unhappiness.

### **Negativity vs. positivity**

Being happy with what you have doesn't mean you can't grow, achieve more and improve your life. But it means you have a positive perspective — which is a strong predictor of success.<sup>1</sup> Positivity can help you:

- Be open to learning new things
- Believe in your own abilities
- Clarify your goals so you know what you want
- Feel energetic and motivated

Negativity, on the other hand, is like carrying around a boulder. It can sap your energy and take the joy out of your life now. Negative people may better their lives, but they'll often miss out on everyday pleasures.

### **Embrace the positive**

Focus on who and what you have in your life. A positive view will help you appreciate the here and now: The family, friends, pets, jobs and other things that define your life.

A positive perspective can also help you think about your goals and dreams for the future. Embrace and appreciate all you've done and the potential ahead in your life.

<sup>1</sup>[Why you should be highly optimistic if you want to be highly successful](#). Accessed October 2021.

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