

## Positive mindset (正面思維)

Good morning, teachers and students. Today, the topic that I want to share with you is: Positive mindset (正面思維).

To have **positive mindset**, I have three suggestions for you. These are in fact recommendations from Department of Health and Centre for health protection of Hong Kong Government. **Firstly, be hopeful (懷有希望) and optimistic (樂觀).** **Secondly, believe in yourself (相信自己).** **Thirdly, set goals in life (設定目標).**

Firstly, to have positive mindset, please **be hopeful (懷有希望) and optimistic (樂觀).** Optimism (樂觀主義) is a feeling that good things will happen and something will be successful. If you are optimistic (樂觀), you will expect good things to happen or something to be successful. Optimism helps you deal with difficulties better and even brings you better health. On the contrary, Pessimism (悲觀主義) is a feeling that bad things will happen and something will not be successful. If you are pessimistic (悲觀), you will expect bad things to happen or something not to be successful.

Boys and girls, when pessimistic feeling comes and you are facing a difficult situation, try to stay positive, optimistic and tell yourself three things: First, the problem will not last forever. It will not last for a long time; Second, the problem is in fact not so big, it does not affect everything, and you can do something to manage it. Third, the problem is not your individual problem. A lot of people face it too. You can handle it with the help of others. In order to have positive mindset, always remind yourself to be hopeful and optimistic. Try to remember the following wise sayings: **Pessimism leads to weakness, but optimism leads to power.** **Once you replace negative thoughts with positive ones, you'll start having positive results.**

Secondly, to have positive mindset, please **believe in yourself (相信自己).** Try to believe that you are unique and special, because you are created by God. “Believe” is a special word. Inside the word “believe”,

there is another word with contrasting meaning. It is “lie”. In other word, we are surrounded by lies and things that are not true. But believe in yourself and feel certain that we are unique and special. Try to recognize the strengths and skills you possess. Try to write down all the things that give you a sense of achievement. Try your best to utilize your strengths in different areas. Remember the following wise saying: **Love yourself. It is important to stay positive because beauty comes from the inside out.**

Thirdly, to have positive mindset, please **set goals in life** (設定目標). Try to set goals according to your own ability, and plan and take steps to achieve them. When you are setting your goals, your goals should be **“SMART”** and intelligent. The word “SMART” stands for five things: S stands for Specific (具體明確); M stands for Measurable (可量度); A stands for Action-oriented (行動導向); R stands for Realistic (實事求是, 實際的); T stand for Time-limited (有具體時限).

Boys and girls, I strongly recommend and wish all of you having a positive mindset. Try to remember the three key points: be hopeful and optimistic, believe in yourself and set smart goals in life. You cannot have a positive life and a negative mind. You can have a positive life, only if you have a positive mind at the same time.