



Are you getting down on yourself because you feel behind?

Do you find yourself being extra snappy with your family/friends lately?

Beating yourself up for not being where you want to be yet?

As a fellow Ambitious Woman, I know that it can be a challenge to stay positive, especially in these difficult times. Just turning on the news or radio can send you into a spiral of negativity.

And then there's all the extra pressure you put on yourself — to get that promotion, hit that new sales goal, and achieve that career milestone you've had your eye on.

How we talk to ourselves matters — and every day it's up to you whether you want to look at things from the bright side of the fence or the dark side. Your future outcome depends on the side you choose.

Remember the movie, Life is Beautiful? It's a movie based on a true story about a man and his family who were sent to a concentration camp. He tells his son the camp is a game to keep him feeling positive and hopeful. He chose to look at life as beautiful even though he was in one of the ugliest places imaginable. Changing his perspective got him through the hard times.

Your perspective is important, because being positive not only helps you get through the day, it helps you construct a better life!

[Read my latest blog to learn more:](#)

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[Replace the Scarcity Mindset with the Abundance Mindset and Thrive in Your Career](#)

3 Tips to Stay Positive in Just 5 Minutes Per Day



<http://estherspina.com/replace-the-scarcity-mindset-with-the-abundance-mindset-and-thrive-in-your-career/>

Inspired by Chapter 17 of my Amazon Best-Selling Book,

[*The Ambitious Woman,*](#)

[*What It Takes and Why You Want to Be One,*](#)

It's All In Your Attitude — YOU CAN DO IT!

In this blog, I give you 3 actionable steps to stay positive in only 5 minutes a day:

1. Making a list of positive affirmations and repeating them daily
2. Writing down 3 things you are grateful for each day
3. Reframing negative thoughts as they arise

Taking a few minutes during your morning coffee to focus on the positive sets the tone for success for the rest of your day!

You also just feel better when you make an intentional, hopeful mindset a daily practice.

If you struggle with staying positive or other limiting mindset blocks, reach out to me!

Soon, I will be launching a mentorship program to hold each other accountable and uplift each other when we feel discouraged.

So, stay tuned, there are exciting new opportunities on the horizon for you as an Ambitious Woman!

Always Ambitiously,

A handwritten signature in black ink that reads "Esther". The signature is fluid and cursive, with a large, looping 'E' and a trailing flourish at the end. It is centered on the page.

Women's Business Mentor,

Author, [The Ambitious Woman](#),

an Amazon Best-Seller

Check out my blogs for business/mindset advice and get updates on upcoming events at: www.estherospina.com.