

## 11 Benefits of Being Positive

Jon Gordon

Over the years I've done a lot of research on the positive effects of being positive and the negative affects of being negative. The research is clear. It really does pay to be positive and the benefits include enhanced health and longevity, happiness, career advancement, athletic performance, team building and financial success. Being positive is not just a nice way to live. It's *the* way to live. In this spirit here are 11 benefits of being positive.

1. Positive People Live Longer - In a study of nuns, those that regularly expressed positive emotions lived on average 10 years longer. (*The Nun Study*)
2. Positive work environments outperform negative work environments. (*Daniel Goleman*)
3. Positive, optimistic sales people sell more than pessimistic sales people. (*Martin Seligman*)
4. Positive leaders are able to make better decisions under pressure. (*Heartmath.org*)
5. Marriages are much more likely to succeed when the couple experiences a 5 to 1 ratio of positive to negative interactions whereas when the ratio approaches 1 to 1, marriages are more likely to end in divorce. (*John Gottman*)
6. Positive people who regularly express positive emotions are more resilient when facing stress, challenges and adversity. (*Several Studies*)
7. Positive people are able to maintain a broader perspective and see the big picture which helps them identify solutions where as negative people maintain a narrower perspective and tend to focus on problems. (*Barbara Fredrickson*)
8. Positive thoughts and emotions counter the negative effects of stress. For example, you can't be thankful and stressed at the same time. (*Several Studies*)
9. Positive emotions such as gratitude and appreciation help athletes perform at a higher level. (*Heartmath.org*)
10. Positive people have more friends which is a key factor of happiness and longevity. (*Robert D. Putnam*)
11. Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace. (*Tim Sanders*)

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**Jon Gordon** is a leading authority on developing positive, engaged people, leaders, schools, businesses and teams. He is the author of *The Energy Bus: 10 Rules to Fuel your Work, Live and Team with Positive Energy*, *The 10-Minute Energy Solution* and *Energy Addict: 101 Ways to Energize Your Life*. Jon's proven solutions are being put to use by people and organizations worldwide and his tips have been featured on CNN, the NBC *Today Show*, *Men's Health*, *Forbes*, *Positive Thinking Magazine*, and more. He is also the co-founder of [PEP- The Positive Energy Program](#), which creates and funds programs that develop healthy, positive children around the world. Learn more and sign up for Jon's free weekly energy tip newsletter at [www.JonGordon.com](http://www.JonGordon.com)

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