



جامعة قطر
QATAR UNIVERSITY

An invitation to positivity at the beginning of the new academic year



Definition:

Positive energy: It is the energy that a person feels with a sense of stability and psychological comfort, which leads him to feel his positives and the positive qualities around him and motivates him to work actively and persistently to overcome difficulties.

Negative energy: It is the energy that a person feels turbulent and loses sense of his positives and the positive qualities around him and pushes him to tension, pessimism, laziness, withdrawal from work, avoiding responsibilities and giving-up into failure.



Positives feelings symptoms



- Facing problems and difficulties and be aware of their existence.
- A good sense of personal positive qualities and the positives of the surrounding environment and knowledge of personal and environmental capabilities.
- Self-motivated, encouraging others, and focusing on the positives.
- Optimism about the results.



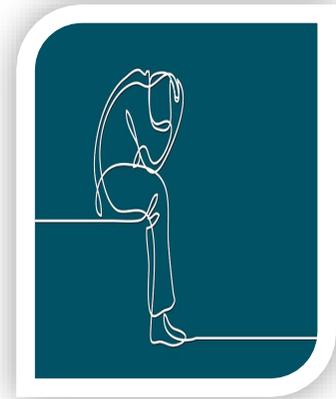
Follow -Positives feelings symptoms

- Activity and vitality.
- Good personal and spatial appearance.
- Attractive good behavior and nice dealing with others.
- Develop plans for goals and develop means to overcome difficulties and achieve success.
- Renewed activity and determination to achieve success and creativity.



Symptoms of negativity

- Loss of sense of personal and environmental positive quality.
- Continuous complaining, anticipation of failure and pessimism.
- Constantly frustrating others and focusing on the negative side of things.
- Escape from facing difficulties and avoiding responsibilities.
- Turmoil and fear of failure.
- Follow up on negative news and the others failure.



How to be positive and contribute to spreading positivity around you?

- A positive looking and a good sense of your personal positive qualities and your personal capabilities.
- A positive looking and a good sense of the positives around you.
- Good personal appearance and behavioral appearance: hygiene - taking care of appearance - smiling - making eye contact - attractive and audible voice - good listening - respecting the limits of others and making others respect your personal limits.
- Attention to good personal and spatial appearance.
- Always addressing oneself with ability and expectation of success.
- Renew and enhance thinking about personal positives, address shortcomings, and work on acquiring new skills.



Follow

- Facing difficulties and not withdrawing from them.
- Develop plans and realistic methods to achieve the goals.
- Time Management.
- Satisfaction with the results and raising the slogan of determination and repeated attempts until success.
- Mixing with positive and successful individuals and avoiding negative and pessimistic individuals.
- Dealing well with others and motivating them.
- Comforting, helping and guiding others
- Forgiveness and overcoming the mistakes of others
- No exaggeration and strictness.
- Ensure discipline in study and work.
- Practice hobbies and activities regularly.
- Continuous thinking of development and creativity.



Conclusion

