

13 Tried & True Ways to Give Off More Positive Energy



By [Carolyn Steber](#)

Positivity comes naturally for some of us. But if it's not your go-to state, don't worry — it is possible to learn how to [give off a more positive energy](#). And once you do, the world will basically become your oyster.

That's because, as you've likely noticed, people respond well to positivity. And, in many ways, it's also a case of like attracts like. "It is good to be aware of the vibe you give off because often the energy we project shapes our reality," [energy healer Ty Johnson-Anderson](#) tells Bustle. "If our internal is negative-based, it's likely we will see our everyday through this tainted lens." And that's just no fun.

So, the more positivity you can project, the better you'll feel. And the better everyone else will feel around you, thus creating more amazing opportunities and opening all sorts of doors in life.

That's not to say that you're doomed [if you aren't cheerful 24/7](#). That's impossible, and not necessary. But if you can turn on those lovely vibes when it's necessary — I promise you'll see all sorts of benefits. Read on for some ways to project a positive energy.

1. Keep All Your Energy Focused



While it can be difficult to focus your thoughts, it's a good idea to try whenever you want to give off a better energy. "This means reining in your thoughts and emotions so you can be centered and focused," says [author and life coach Jaya Jaya Myra](#). "Stress and being too busy is draining, and when a person is drained they don't have the vitality necessary to make their cheerful energy palpable to others."

2. Work on Accomplishing Your Goals



If you aren't focusing on yourself and your goals, now's a good time to start. "There's almost nothing more powerful and charismatic than a person who works towards their goals," Myra says. "It creates an inherent confidence and joy that is palpable to others, because it shows how much you believe in yourself and respect yourself."

3. Say A Few Affirmations Each Morning



Negative shut happens, no doubt about it. But that doesn't mean it has to drag you down. "Positive people will remind themselves daily what they want to project to the world," Myra says. "By reaffirming this daily, you start to make positivity and cheerfulness and habit that your mind will naturally gravitate towards, even when you're not trying."

4. Find What's Positive in Others



When talking to someone, try to focus on something that makes *them* great, and you'll naturally give off a friendly, positive vibe. "When you reflect positive vibes back to people based on their own words, they feel as though the positive vibes are coming from within them, rather than from the outside," Joy Rains, author of [Meditation Illuminated: Simple Ways to Manage Your Busy Mind](#), tells Bustle. "People will perceive you as having positive energy, since your presence awakens something positive within them."

5. Keep Your Posture Open - Power Pose



Slouching, crossing your arms, putting your hands in your pockets, even crossing your legs [give off a vibe of you being closed off](#)." So, open your body up. Stand with your shoulders back, uncross your arms, an open pose, or [power pose](#), such as standing with legs wide apart and arms open, created the opposite effect. Stress hormones reduce and energy producing and immune strengthening hormones, such as testosterone (ladies we need a certain amount of testosterone in our bodies for peak performance too, so this is not just for the guys), were elevated.

So, if you are feeling low or feeling down, **strike a yoga power pose** and hold it for 2 minutes to shift your mood.

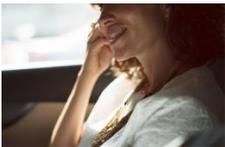


6. Stay in The Moment



Isn't it so obvious when someone's distracted? Compare it to someone who's living in the moment. "Things like looking at your phone during discussions, complaining about an event or person, or being withdrawn from others are creating nothing but negative energy," says [personal development coach Meiyoko Taylor](#). "These are quick ways for people to run the other way and will not produce any positive outcome whatsoever."

7. Dish Out the Compliments



When being more positive, it can't hurt to compliment others, either. "This always works because you are showing them a sign of appreciation and admiration," Taylor says. "Everyone desires to be genuinely appreciated and acknowledged. I've seen this simple practice completely fill a room with positive energy and that individual was simply unforgettable."

8. Remember To Take Care Of Yourself



We're naturally drawn to people who take care of themselves, so don't try not to let your self-care fall to the wayside. "Taking time out of the day for yourself promotes better health and allows you to take on life's challenges," [NYC-based therapist Kimberly Hershenson, LMSW](#) tells Bustle. "Start a meditation practice, take a long shower or bubble bath, cook yourself your favorite meal, or get your favorite meal delivered and enjoy it free of electronics. Taking time for yourself will help center you."

9. Keep A Daily Gratitude List



Another way to boost your positivity is by *focusing* on what's positive. As Hershenson says, "It is all too easy to focus on the negatives in your life but the focus should be on what you have positive in your life. List [10 things you are grateful for](#), which can be anything from reality TV to your family." It'll change how you think.

10. Sing Yourself A Song



The next time you're going out and want to project positive vibes, try humming your favorite song to yourself — or sing it out loud if you're feeling brazen. "When you are humming a song you enjoy, you feel happy, are more present, and can feel contentment," [psychotherapist and life coach Nicole Burgess, LMFT](#) tells Bustle. "Happiness is 'contagious,' so when you are lit up from the inside out others can feel and sense it."

11. Establish Some Healthy Boundaries



If everyone is taking advantage of you, it'll be nearly impossible to give off positive energy — mostly because you're feeling drained and used. So start saying "no" to things you just can't do, and work on establishing healthy boundaries in your life. "Personal boundaries give you confidence, and the power to shine," [energy worker Anita Brey](#) tells Bustle. "If you know where your edge is, you don't have to worry about being too open. When you own your boundaries, you are in the power position."

12. Try Out A "Yoga Laugh"



As Brey says, "One of the tricks I use when I'm going into a situation and I want to boost my energy is to laugh a lot beforehand. This could be a quick, [five-minute round of Laughing Yoga](#), watching a clip from my favorite comedian, or simply remembering something that always cracks me up." It may feel weird at first, but it *totally* works.

13. Wear Brighter Colors (Especially Pinks and Teals)



The **colors** you **wear** might not exactly make you more successful, but they can surely make you feel that way. Research says the quickest little fix for a bad day is to **wear brightly colored** clothes. Cheerful **bright colors** work as a mini pick-me-up; and can boost energy and moodEasy as that.