

Positive Thinking Day

Positive Thinking Day allows people to break away from negativity, setting a routine for many individuals struggling with problems and anxiety as a form of encouragement. During this day, people participating in the event think positively through self-affirmations and mindful readings to boost their emotions, mood, and productivity for the better.

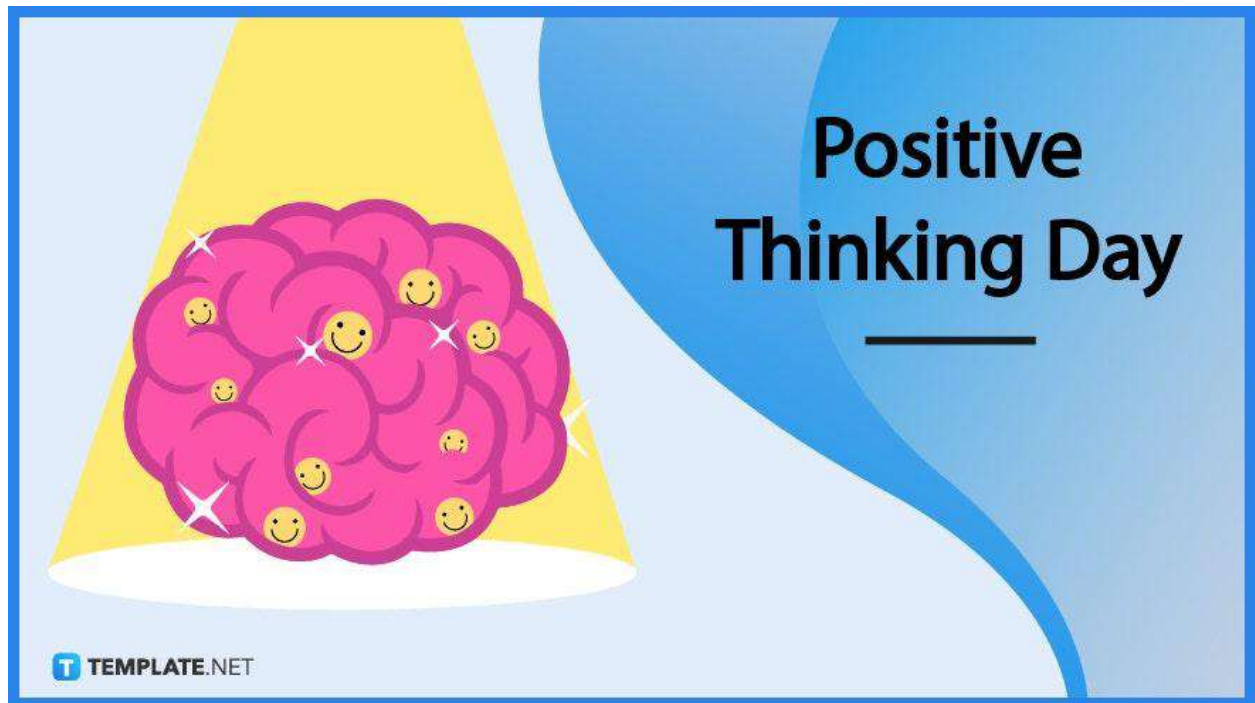


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Positive Thinking Day Definition and Meaning

Positive Thinking Day is a day that people celebrate to set aside their negative thoughts to concentrate and be thankful for all positive things in life, focusing on positive thinking.

Positive Thinking Day is also known as National Positivity Day in the United States, encouraging people to keep a positive attitude towards things.

When Is Positive Thinking Day?

The celebration for Positive Thinking Day always happens on September 13, internationally, each year, reminding individuals about thinking positively and how these minor changes affect people's lives for the better. The day aims to highlight the rewards of positive thinking while focusing on positive thoughts to make the day enjoyable and lighter for many people, especially those who need a break.

Positive Thinking Day History

The origin and history of Positive Thinking Day date back to the year 2003, when an American entrepreneur proposed the idea of dedicating a day to celebrating positivity to have a positive outlook at all times. It is an international event that gained popularity over the years, with people trying to keep a positive attitude towards work, school, and other activities to increase productivity and lighten their moods. In 2022, Positive Thinking Day lands on a Tuesday, with people posting about the things they did to keep positive for the day on social media platforms.

Positive Thinking Day Purpose, Importance

Positive Thinking Day is a reason to sit back and say words of affirmation and thanks for the positive things they have in life to reverse the negative culture tattooed in the minds of many.

Lowers the Possibility of Depression

Depression is a sensitive topic, sometimes taboo, but it is time for people to recognize that it exists and that individuals need the help they need to carry on with their lives. Positive Thinking Day enables individuals to see that they can live well despite difficult situations through optimism and positivity.

Thinking positively benefits individuals by reducing stress levels, lowering depression, increasing life span, reducing the risk of heart diseases, and increasing the body's resistance to the flu.

Helps Raise Awareness of Automatic Responses and Actions

During Positive Thinking Day, give yourself time to determine and understand how your response to daily situations affects how you see things for the foreseeable future. Are you the kind of person who dwells on the negative events happening in your day, or do you try to think positively and not let the situations get to you and ruin your mood? Determining how you react can be a sign to look at your routine and think about wanting to change your outlook and behavior to be more positive.

Aids in Catching and Reframing Thoughts

On Positive Thinking Day, be more observant of thoughts as they can influence a person's mood, emotions, and actions for the rest of the day. Pace yourself and try to think about positive thoughts and affirmations when you feel like thinking about negative and intrusive ideas through reframing. Start by determining the positives of any given situation and creating a routine to concentrate on the positive side of various conditions.

What's in Positive Thinking Day?

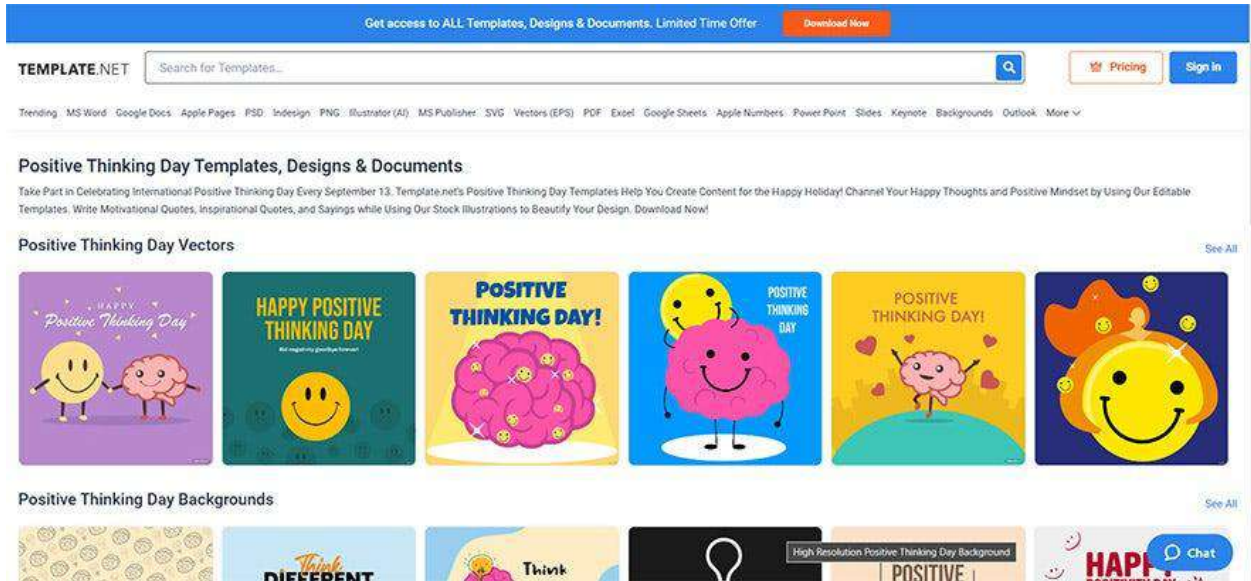
During Positive Thinking Day, people start and end their day on a positive note with positive and powerful affirmations, giving themselves time to get ready to face responsibilities and do something they love. People learn to identify their negative thoughts and not dwell on them for long, replacing these intruding thoughts with motivational words and thoughts by recognizing the silver lining in every situation. It is also advantageous for individuals to surround themselves with positive people, be thankful for the small things, or give themselves a little break.

How to Create a Positive Thinking Day Social Media Post

Positive Thinking Day is an event that encourages individuals to reaffirm their negative thoughts with positive ideas and motivations. Invite people to join the event using different platforms, including invitations, cards, flyers, and social media posts on Facebook, Twitter, Instagram, etc., using [Positive Thinking Day templates](#).

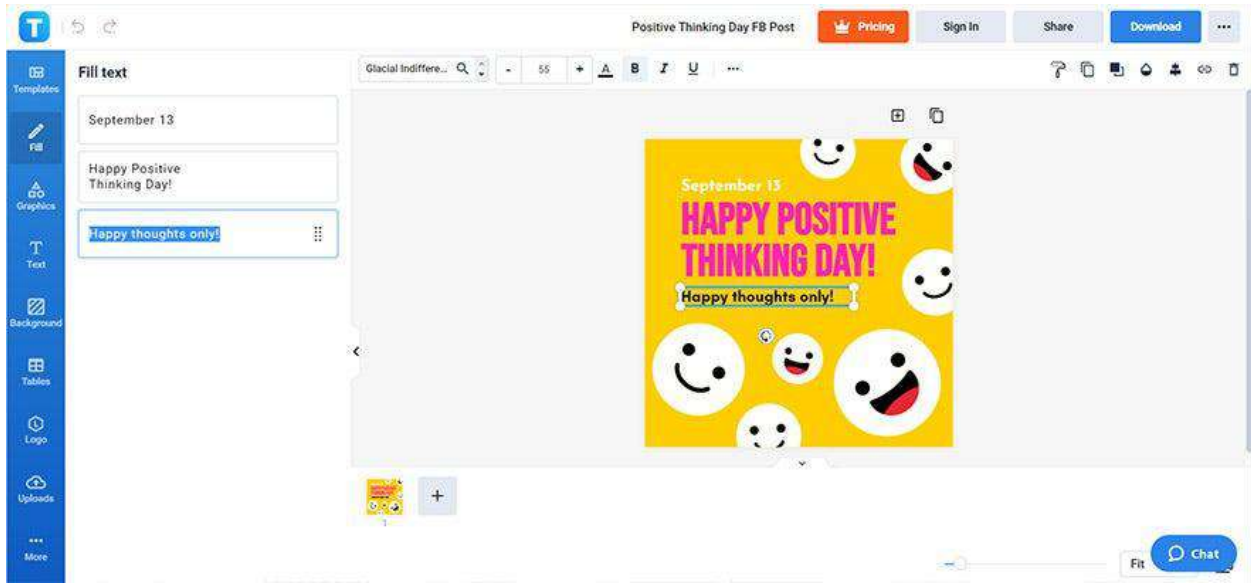
Facebook

1. Select the [Positive Thinking Day FB Post](#) template.



Template.net is a website providing editable graphic templates that users can personalize and save using third-party software or the website's editor tool. Navigate to the Positive Thinking Day landing page for free templates, select the desired template, and click the Edit This Template FREE button on the product page. The website transfers the user to a new tab to access the editor tool.

2. Insert a cheerful greeting.



Insert a positive greeting in the Facebook post before uploading it on the Facebook page. Deliver optimistic messages to audiences, writing them on the template using a text box. Edit the selected text box by clicking the Fill icon on the editor's left panel to alter the text.

3. Integrate diverse transparent designs for the post.



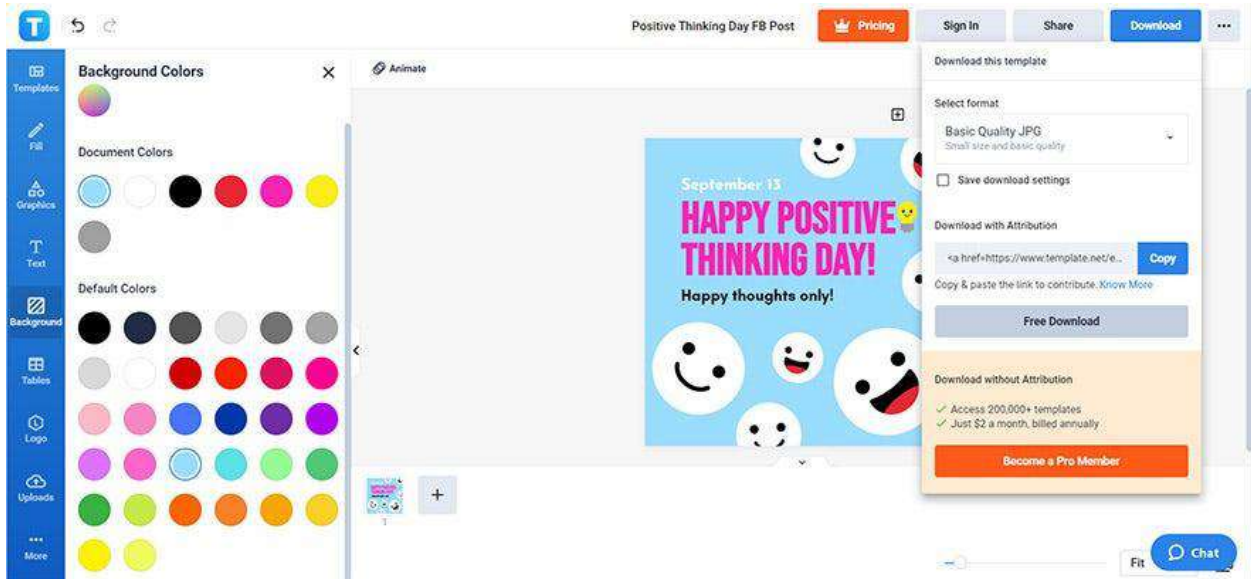
Develop a unique and cheery Facebook post by inserting various ClipArt characters, vectors, and symbols. Choose the Graphics icon on the editor's left panel to access the designs. Select different logos, characters, or stickers and insert them into the template.

4. Pick a background for the post.



Click the Background button on the editor's left panel to edit the background. Select the Color option and pick the color you want for the wallpaper. Choose between solid color backgrounds or choose from animated stock videos and images from Unsplash or Pixelbay.

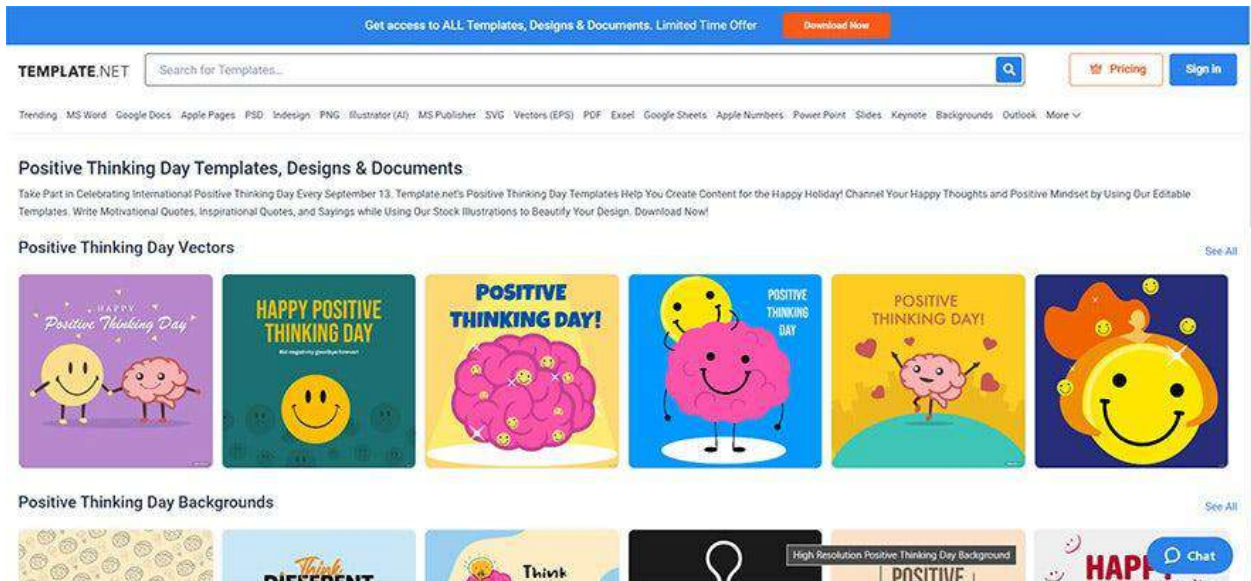
5. Save the Facebook post template.



Save the Facebook template by clicking the Download button on the editor's top corner. Select the Free Download button from the dropdown menu to download the post. Users log in to their Template.net account to save the Facebook post.

Instagram

1. Select the [Positive Thinking Day Instagram Post](#) template.



Select an Instagram post template for the Positive Thinking Day event from a variety of graphic templates from Template.net. Navigate to Template.net's editor tool through the web browser after clicking the Edit This Template FREE button from a product page. The editor tool opens on a new tab where users edit the template.

2. Develop a cheery greeting for the template.



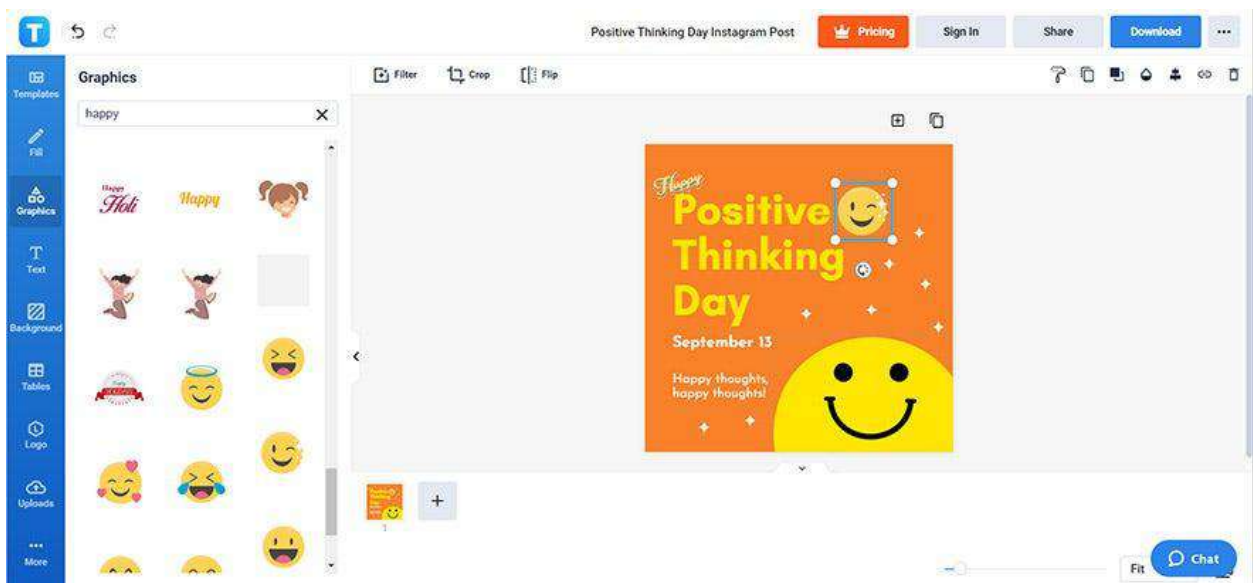
Individuals and organizations incorporate suitable and cheerful greetings for their audiences. Insert salutations and quotes from poems, books, or well-known entities on the template. Go to the text tool by clicking the Fill button on the editor's left panel.

3. Change the wallpaper color or image.



Users can alter the template's background to suit the post. Select the Color option from the Background icon, and choose a background color. Remember to select a color that blends well with the elements and patterns on the post.

4. Design using beautiful patterns and structures.



Combine shapes, patterns, or pictures into the template to make it appealing and relatable. Click the Graphics button, and choose from different cartoon prints, logos, and designs using the search bar. Select the icon or character, add it to the post, and drag the image into place.

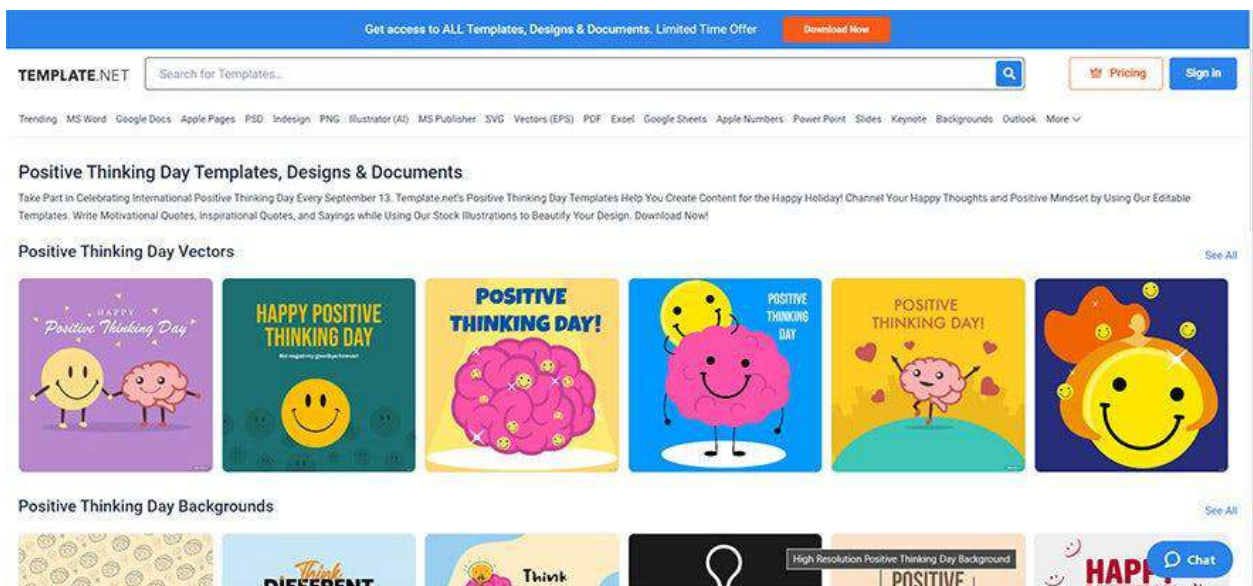
5. Save the Instagram post template.



After editing, save the Instagram template. Save the post by clicking the Download button on the upper section of the editor tool. Select the Free Download button from the dropdown menu to save the template.

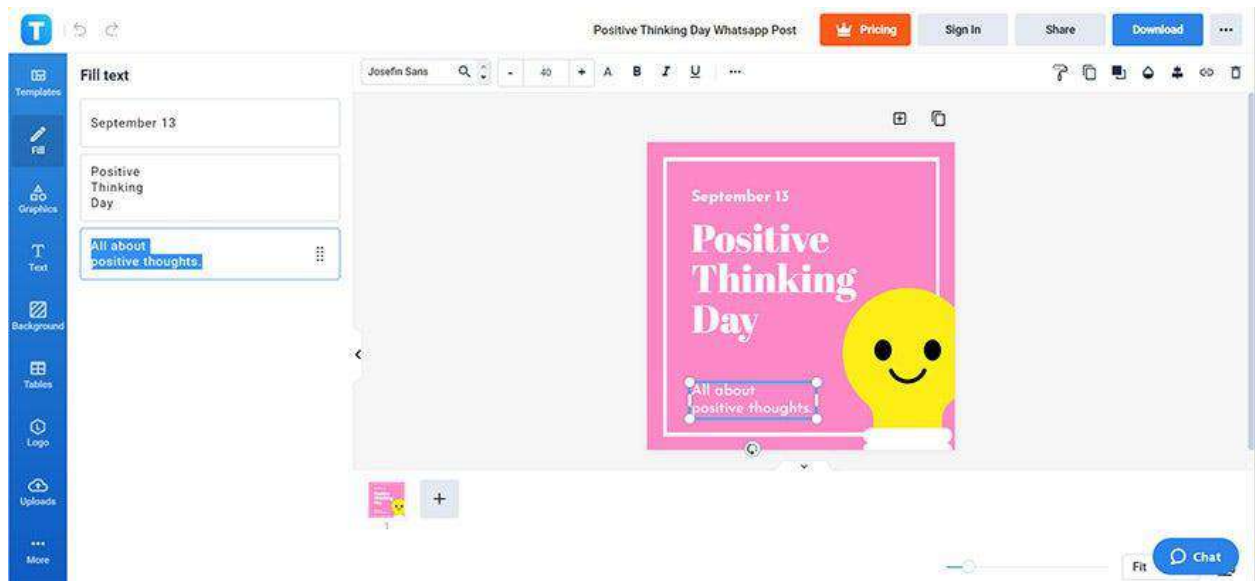
WhatsApp

1. Select the [Positive Thinking Day Whatsapp Post](#) template.



Search for a Positive Thinking Day Whatsapp post template from Template.net's inventory. The website contains multiple graphic templates that users can edit and download using the editor tool. Individuals can access the editor by clicking the Edit This Template FREE button on the template's page.

2. Generate a Positive Thinking Day greeting.



Make the Positive Thinking Day post intimate and genuine by writing a creative Positive Thinking Day greeting. Click the Fill icon on the editor's left panel, and rewrite the text in a text box. The text must be readable, and users use the toolbar above to adjust the font style, color, and size.

3. Insert design elements and characters.



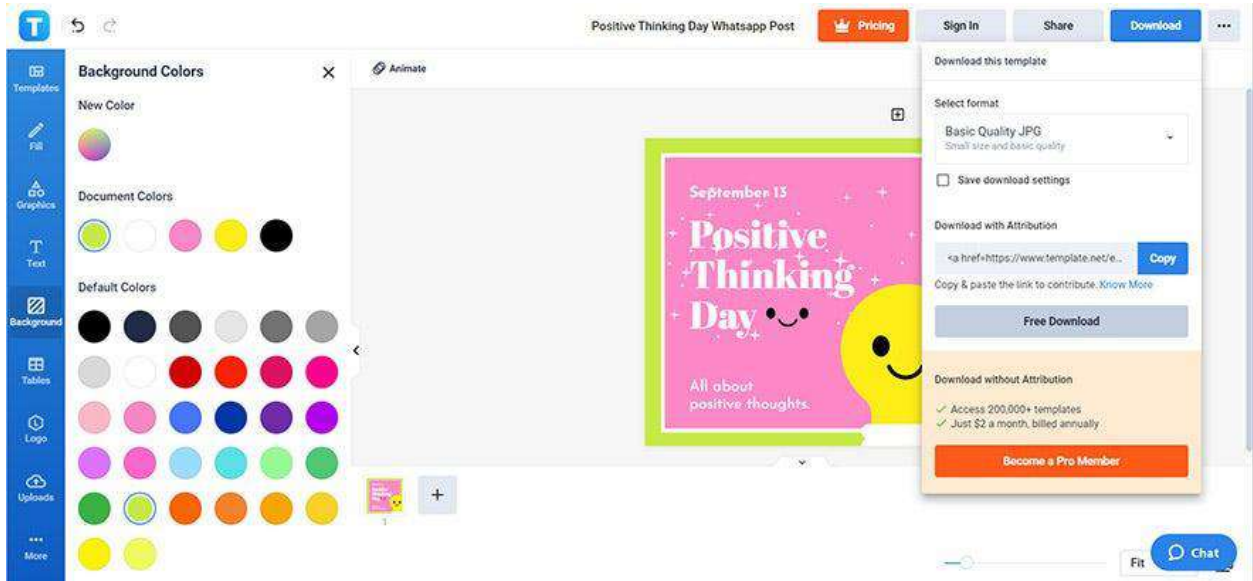
Combine graphic elements, including icons, logos, and symbols. Click the Graphics button, and type a keyword on the search bar to browse graphics. Select designs for the template and add them to the post.

4. Generate a background color.



Pick an appealing template background color or illustration. Select the Background button on the editor's left panel. Choose the Color option and designate a color to complement the designs and elements on the Positive Thinking Day template.

5. Save the WhatsApp post template.



After edits, save the WhatsApp design. Click the Download button in the upper section of the editor, and select the Free Download button. Log in to a Template.net account and save the final post.

Positive Thinking Day vs. World Book Day

Positive Thinking Day is an international celebration every September 13 to remind people from across the United States to take some time in their day to release the negativity and welcome positive thoughts and energy throughout the day.

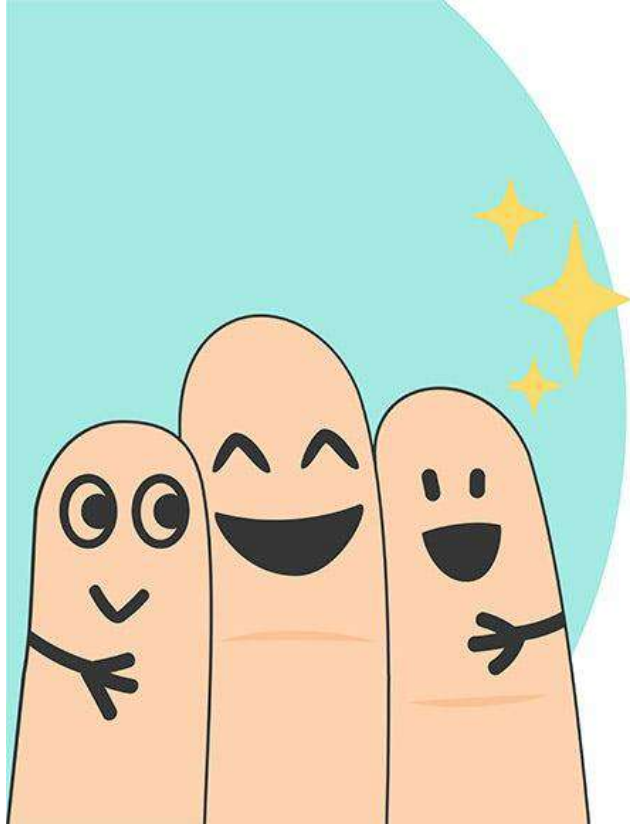
[World Book Day](#) is an international event that celebrates the significance of reading to encourage literacy and education through activities like storybook reading and selling books on April 23.

Positive Thinking Day Ideas and Examples

Positive Thinking Day is a celebration that aims to encourage and challenge people to take a portion of their time to develop exercises and techniques in their daily routine to support their mental health. In the present generation, individuals struggle with putting positive thoughts in their heads, and a reminder from friends, family, and people can inspire them to change their mindset for the better.

Positive Thinking Day Banner Ideas and Examples

A [Positive Thinking Day Banner](#) that a company sets up on their business page or the company's website is enough of an indication that they support a person's mental health and encourages positive thinking to customers, clients, and even site visitors to remind them of the celebration.



Positive Thinking Day

September 13

Think happy thoughts!

Positive Thinking Day Greeting Card Vector Ideas and Examples

Take the time from your day to remind loved ones and even coworkers at the office that positive energy and thoughts can make their day much brighter and help improve their mood and attitude towards daily activities like work and school using [Positive Thinking Day Greeting Card Vectors](#).



Positive Thinking Day Image Background Ideas and Examples

Thinking positive is not an easy task, and there are instances people forget to look at the brighter side of things since they are currently experiencing different waves of emotions and sometimes need a little nudge from a friend, family member, co-worker, or classmate that things will be better with a reminder like a [Positive Thinking Day Image Background](#) for their computer.



Happy Positive Thinking Day Illustration Ideas and Examples

Individuals can send a [Happy Positive Thinking Day Illustration](#) to friends and family to remind them to start their day with a positive outlook and words of encouragement and affirmation in fulfilling their wishes for the day in celebration of Positive Thinking Day.



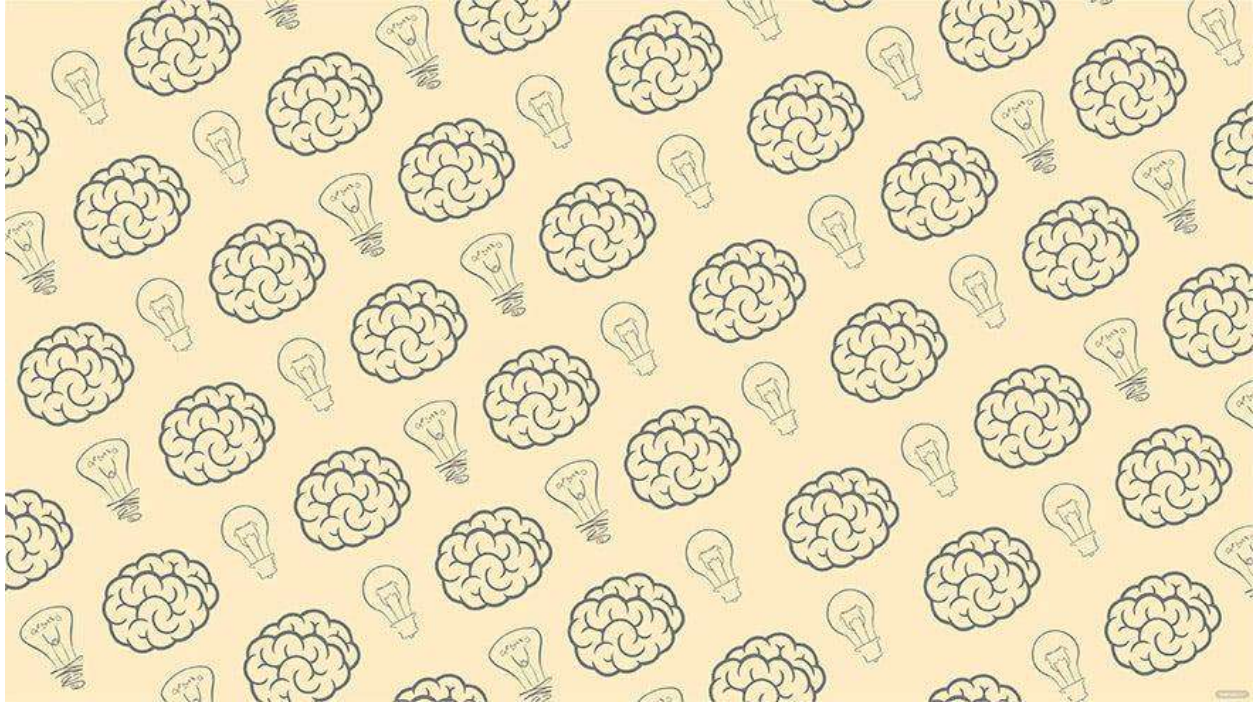
Positive Thinking Day Wishes Vector Ideas and Examples

Deliver handwritten journal messages of encouragement and good vibes using genuine and positive messages to friends and family, attaching the letter with a [Positive Thinking Day Wishes Vector](#) to inspire them in journaling their emotions and feelings to encourage positivity and routine.



Positive Thinking Day Drawing Background Ideas and Examples

A reminder that positive thoughts and thinking can lead to becoming happier and more productive, especially during Positive Thinking Day producing a [Positive Thinking Day Drawing Background](#) that you can set up on your work laptop, phone, and other electronic devices.



Positive Thinking Day Flyer Background Ideas and Examples

Some organizations and companies prioritize their employees' mental health situations with leaves and benefits, with some going out of their way to ensure employees perform their best each day by setting up a [Positive Thinking Day Flyer Background](#) for their workstations.



Positive Thinking Day Website Banner Ideas and Examples

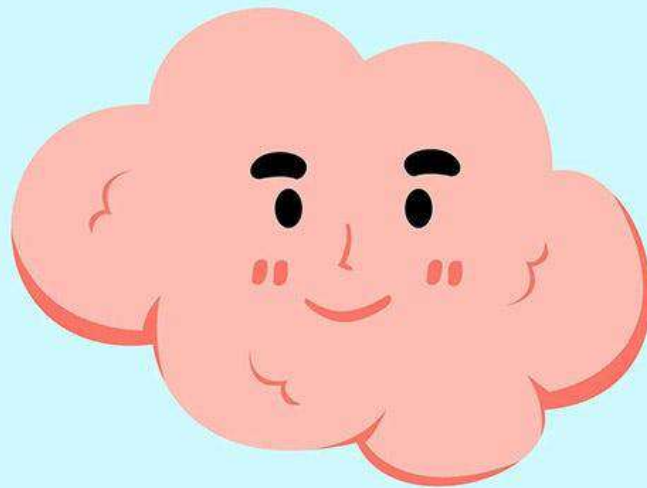
Some individuals are not well aware of the Positive Thinking Day event and its aim to develop a lifestyle or routine wherein individuals give themselves positive affirmation that results in better productivity and well-rounded life through [Positive Thinking Day Website Banners](#).



Positive Thinking Day Quote Vector Ideas and Examples

Write honest and positive messages or quotes for different individuals, like college students or workers in a difficult position to become positive thinkers, giving them the encouragement and affirmation they need to go through their day using [Positive Thinking Day Quote Vectors](#).

**Good days will be bad
if you think they'll be.**



Positive Thinking Day Poster Vector Ideas and Examples

What better way to spread the idea of Positive Thinking Day than with a [Positive Thinking Day Poster Vector](#) that an organization or an individual can use to relay information and background about the international event to encourage individuals to think positively for the day?

HAPPY POSITIVE THINKING DAY!

Positive vibes only!



FAQs

Why do we celebrate Positive Thinking Day?

People celebrate Positive Thinking Day to encourage individuals to promote positive thoughts and to be grateful.

What day is Positive Thinking Day?

The celebration or event of Positive Thinking Day is every September 13.

What is positive thinking based on?

Positive thinking is a process of having an optimistic attitude wherein an individual looks at things from a positive perspective in any given situation.

What are the goals of Positive Thinking Day?

The goal of Positive Thinking Day is to start the day with positive thoughts and affirmations to let go of negativity.

How do you celebrate Positive Thinking Day at work?

At work, individuals can write a short list of things they are thankful for the day, taking breaks to say words of affirmation when things are getting rough.

What are some traditions of Positive Thinking Day?

Traditions or activities during Positive Thinking Day include reflecting on positive thoughts, reading and sharing inspirational stories or quotes, sharing a smile with people, and writing things they are thankful for.

Who started the positive thinking movement?

The positive thinking movement started in 1952 through the book of Norman Vincent Peale.

What are the values of Positive Thinking Day?

Individuals must acquire optimism, enthusiasm, patience, confidence, and focus during Positive Thinking Day.

What is the theme of Positive Thinking Day?

The recurring theme of Positive Thinking Day is to remain optimistic.

What does positivity symbolize?

Positivity represents the outlook in life where individuals are optimistic in any given situation.

Why is positive thinking important?

Positive thinking is crucial to reducing and managing stress, lowering depression, adapting to change, decreasing the risk of heart problems, and promoting creative thinking.

What are the principles of positive thinking?

Principles of positive thinking are practices and activities to develop positive thinking, including showing gratitude, reading positive books, and taking charge of your thoughts.

When did Positive Thinking Day start?

Positive Thinking Day started in 2003 under the proposal of an American entrepreneur.

What is the message of positive thinking?

Positive thinking is about anticipating a happy moment, sound health, and eternal success.