

5 CONSEQUENCES OF AN UNHEALTHY MINDSET



WORSENERD OR LOST RELATIONSHIPS

- People don't like to be around those who always seem to be negative; they tend to be a drag on the mood.
- Chronic negativity can cause you to be angry or cranky, making it hard for others to want to be around you. It can make you behave poorly, be inconsiderate of others' feelings, and just make it difficult for others to enjoy themselves around you, putting a strain on your relationships.



PROHIBITS YOU FROM GOING FURTHER IN YOUR CAREER

- Makes you an unappealing candidate for promotion, causing you to stay where you are. It could even lead to a demotion if it causes you to behave poorly enough.
- Hurts your productivity and ability to be a team player in the workplace. It can cause you to work slower, be negative towards others in the office, and not willing to help others.



DEPRESSION

- When you view everything in a negative light, it's easy to stay down and negative. The other consequences of chronic negativity can also contribute to this feeling of depression.



DECREASED ENERGY

- Chronic negativity drains your energy. The longer you're filled with negativity, the more tired you will feel and the more drained you will feel. The less productive you'll be and the less pleasant you'll be to be around.



REFUSING TO TRY NEW THINGS OR SEIZE NEW OPPORTUNITIES

- Chronic negativity leads to an overall pessimistic and doubtful outlook. This makes you less open to new ideas and new opportunities which can not only stunt your growth and development but also keep you from expanding your success and widening your horizons.
- Rather than seize opportunities and act upon them, negative thinkers remain skeptical and safe, and stagnant.

