**How Do You Answer The Question – How Are You?**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

Your attitude to life will make you either more or less resilient to the challenges that come your way.

If you focus on the things that could go wrong that’s what you will see, likewise if you focus on everything going well then you will notice that instead.

A big part of this focus is the language that you choose to use. The following short exercise will bring into your awareness the language that you may currently be using and whether that supports your positive focus.

**We all know people who will answer the question, ‘How are you?’ with, ‘I’m fantastic, how are you?’**

**We all also know people who will answer the question, ‘How are you?’ with, ‘Not bad’, ‘I’m surviving’, or ‘I’m still alive’, or ‘It’ll be okay on Friday’.**

**When you hear someone respond negatively like that, it impacts on your own positive focus.**

**This exercise is very simple. Whenever someone asks, ‘How are you?’, think of a way of answering with ‘I’m fantastic’, or ‘I’m amazing, everything’s great, how are you?’**

**Find a positive response to the question and pay attention to the response you get. Similarly, when you ask someone else how they are, notice how their response makes you feel. Remember you only want to have a positive impact on yourself and others.**