

ATTITUDE IS EVERYTHING!

**Keep your attitude positive!
It is your most important asset,
either tangible or intangible.**

Great Attitude Ideas

- ❖ Get Help! Listen to attitude tapes, read positive materials, go to a seminar.
- ❖ Say why you like things, i.e. people, family, job, co-workers...
- ❖ Help others without expecting a return.
- ❖ When you face an obstacle or something goes wrong, look for the opportunity. Call your problems "opportunities" and you'll begin to think of them that way.
- ❖ Ignore people who try to discourage you.
- ❖ Accept responsibility when things go wrong, then move on.
- ❖ Control what you can. Don't worry about the rest.
- ❖ Read only positive books and materials.
- ❖ Resign your position as general manager of the universe.
- ❖ Check your language, is it partly sunny or partly cloudy?
- ❖ Cut any negative self-talk from your routine.
- ❖ Get involved in a project that helps your community.
- ❖ If you think it's OK, it is. If you think it's not OK, it's not.
- ❖ Don't think of why an idea can't be accomplished think of ways it can.
- ❖ Don't offer criticism without offering a solution.
- ❖ Count your blessings, you have many.
- ❖ Laugh more! At yourself and with others.