

ATTITUDE



One of the most important life lessons is that it's not what happens to you but how you respond to it that determines your level of happiness. It's all about your attitude, or the mood you choose to have.

Your attitude is a choice. Sometimes the people you spend your time with or the events that happen in your life affect your attitude. However, you have power over your attitude. You can shift your attention to focus on the good things in your life, things that you are thankful for, or you can focus on the negative aspects of your life. The choice is yours.

CIRCLE
UP

What does it mean to have a good attitude?
How can your attitude affect your success?
How can you change or control your attitude?

Today we will be focusing on attitudes. Winston Churchill said that "Attitude is a little thing that makes a big difference." And he is right. It is not our experiences that control our attitude, it is our attitude about these experiences that makes all the difference. Here is an example. Have you ever found yourself in a really bad mood until someone or something made you smile or laugh? The situation that made you upset in the first place did not change. However, changing your focus to something positive made you feel a little better. That is the key to a positive attitude. Find those moments that make you happy and place the focus there. This does not mean you ignore the bad things that happen. Changing your attitude about them will make it easier to handle these situations.

FOCUS
in



Attitude Adjustment!

In life there will be times when you become upset, frustrated, or hurt. This is completely natural. We all go through this. However, when you feel this way it makes it much more difficult to handle the issues that life presents. So, for those days that you need to adjust your attitude, you can use this as a little attitude adjustment. In order to create your attitude adjustment, simply write down 3-5 thoughts, moments, or actions that will help you focus on something positive. Place these attitude adjusters on an index card, decorate it, and place it in an area that you will always be able to retrieve it. So, whenever you are feeling a little negative and need an adjustment, your attitude adjuster will be within reach.



ATTITUDE ADJUSTOR (EXAMPLE)

1. Take three deep breaths in and out
2. Think about playing with my dog
- 3 Visualize myself laughing with my friends
4. Imagine taking the winning shot in a basketball game
5. Imagine my baby sister laughing

ATTITUDE ADJUSTOR

- 1.
- 2.
- 3.
- 4.
- 5.

WORKSHEET 17: ATTITUDE

DATE:

1. What kind of attitude do you want to have?

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2. What are some things that you can do to improve your attitude?

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3. How will having a good attitude help you?

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**“PEOPLE MAY HEAR
YOUR WORDS, BUT THEY
FEEL YOUR ATTITUDE.”**

~ JOHN C. MAXWELL

reflection...



>> **USE THIS SPACE** to write down any thoughts, reactions, or ideas you may have from the lesson. If you were inspired by something, write it down. If you are worried about your goals, express that here. If you are still uncertain, use this space to brainstorm things that you may want to do, even if you are not sure you will be able to achieve them. This space is for your thoughts alone and is not based on anyone else's opinion. Remember, there are absolutely no wrong answers.

MY GOAL TRACKER FOR THE WEEK OF:

My GOAL is to :

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.....

CHECK OFF HOW WELL YOU DID EACH DAY OF THE WEEK	I DID IT!	not yet
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>

Did you meet your goal this week? If yes, what helped you to be successful?

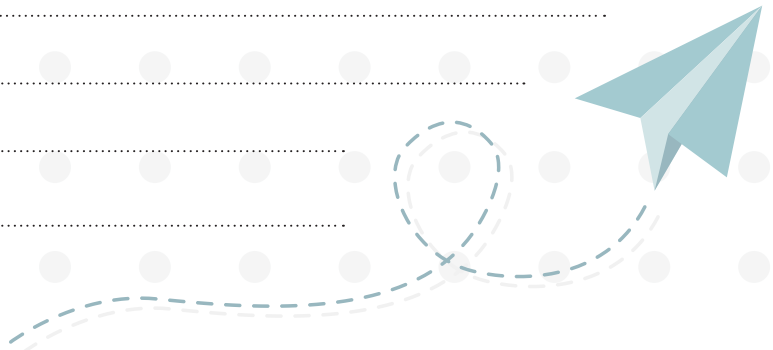
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What could you do differently next week?

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aim high. believe in yourself.