

## 2.7 Tips on Promoting Appropriate Attitudes

- ❑ Remember . . . your attitude is something you can control!
- ❑ Attitude is a concept, but it can be transformed into action — the action of thinking positively and choosing to respond to situations positively.
- ❑ Reactions are often a subconscious choice. Make your choices a conscious effort.
- ❑ You can positively influence your thoughts, words and actions.
- ❑ A good attitude can inspire those around you, just as a negative attitude can affect others.
- ❑ Try to think the best ALL the time. You are programming yourself and others to accomplish great things!
- ❑ Choose how you view difficult situations. View it as a learning experience, not as a failure.
- ❑ If you find yourself having a negative thought or reaction, tell your mind to STOP! Switch off the negative, turn on the positive.
- ❑ Share your positive thoughts with others. Verbally appreciate their talents and strengths.
- ❑ Look for common truth.