



PERSONAL DEVELOPMENT SERIES

always **r**eady

 alwaysreadyonline.com

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the virus | attitude

I am

THANKFUL

For...

PERSONAL DEVELOPMENT SERIES | **always**
ready

Date:

I am thankful for: _____

Today I will get better at: _____

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THE VIRUS | ATTITUDE

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CHARACTERISTICS

- 1** _____ Your attitude, positive or negative, will clone itself and firmly attach to **everything that you do and say**.
- 2** **MUTATE**----- Keeping a positive attitude isn't easy. "Mutation" is often described as being moody. **Handle being human**.
- 3** _____ Your attitude is energy and it has to go somewhere. It spreads from person to person. **Symptoms may vary**.

THE 10/90 RULE

Life is 10% what happens to you and 90% how you _____

► BODY LANGUAGE

- Body language is building language
- Facial expressions and posture all reflect your attitude

► BEST PRACTICES

- Your response communicates a message.
- State your reason, and then your ask

THE THOUGHT PROCESS

 start here

- | | | | |
|------------|-------------|-------------|-----------|
| • THOUGHTS | • ACTIONS | • HABITS | • DESTINY |
| • FEELINGS | • DECISIONS | • CHARACTER | |

NOTES

GOOD VS. BAD ATTITUDE

Describe a time where you had a **bad** attitude going into a situation and it led to a poor choice, decision or unfavorable outcome.





Describe a time where you had a **good** attitude going into a situation and it led to a favorable choice, decision or outcome.

List physical/tangible tools that may help you turn a bad attitude into a good attitude



AT&T

Attitude Tools & Techniques

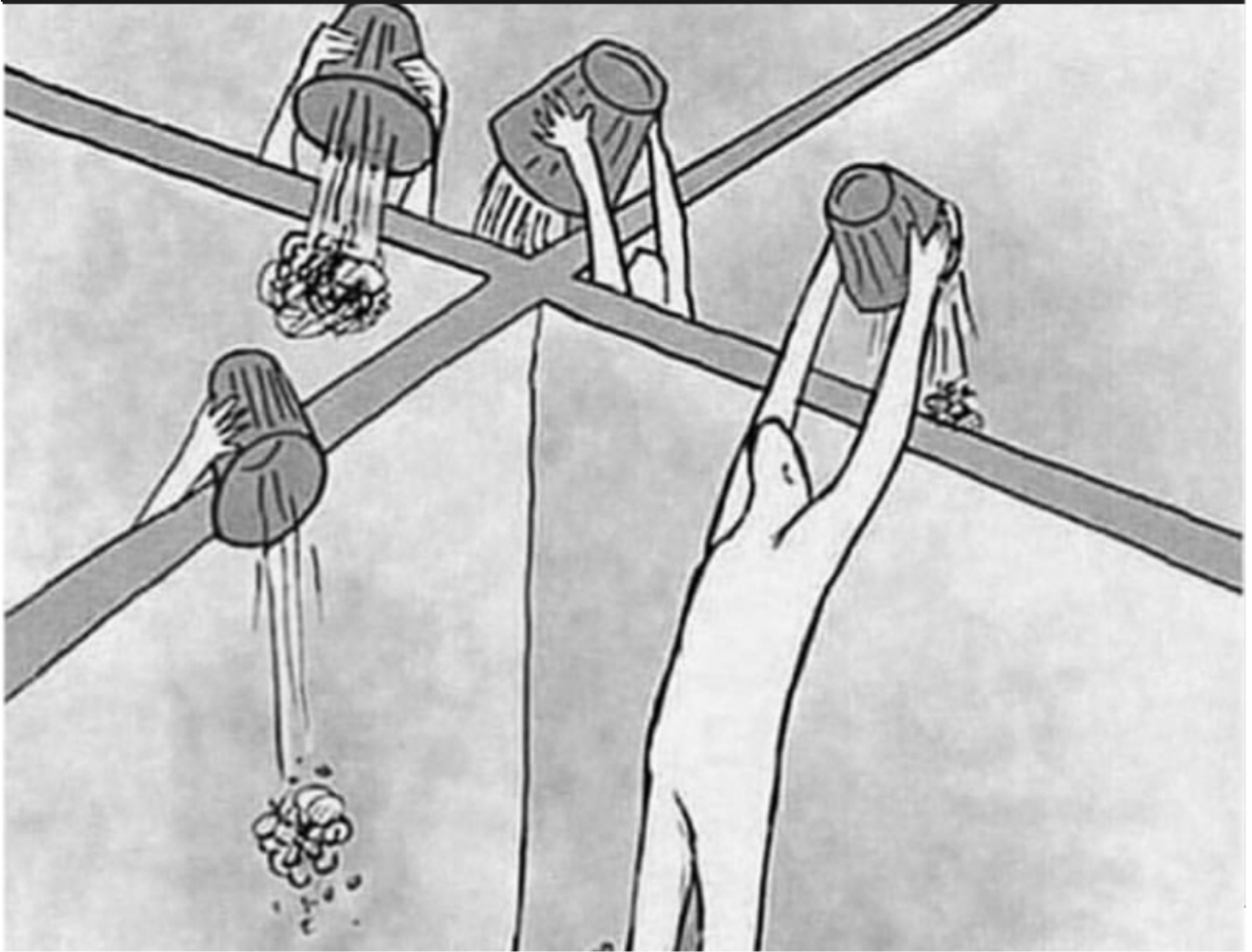
List techniques that may help you turn a bad attitude into a good attitude



MINDCRAFT

WHAT GOES AROUND...

you know the rest.



The energy you put out is the energy that you attract. Thoughts?
