




ATTITUDES

 You attitude is simply the direction in which you lean. **Positive** is leaning in, attracting, or seeking. **Negative** is leaning away, repelling, or moving in fear and creatively avoiding.



Application Question/Activity:

1. Think of situations when you felt uncomfortable or were beyond your comfort zone. What attitudes did you hold that contributed to your discomfort?

2. Decide which attitudes you want to change or that are not serving you (-) and which attitudes support you and your growth (+). List them.

3. Spend time converting negative attitudes into something more helpful, or make a conscious decision to drop them like weights from your shoulder. Write out a better way to think and be. For example, change “this drive sucks ” to something like “I find ways to enjoy my drive daily.”