

INTRO

'most unhappiness in life is due to the fact that you are listening to yourself rather than talking to yourself'

The best way to restrain your attitude is to prevent your mind from going down any negative forks in the road

Allow yourself to dwell only on the positive and not the negative today

**POSITIVE
ATTITUDE**

10 WAYS TO CULTIVATE A +VE ATTITUDE

Seek Positive Friends



Challenge Your Thoughts



CHALLENGE YOUR MINDSET

Consume Positive Media



Volunteer

VOLUNTEER



Abstain from All 'Bad News'

POSITIVE ATTITUDE

10 WAYS TO CULTIVATE A +VE ATTITUDE

Write Out Your Action Plan



Adopt a Health Lifestyle



Send Thank You Notes

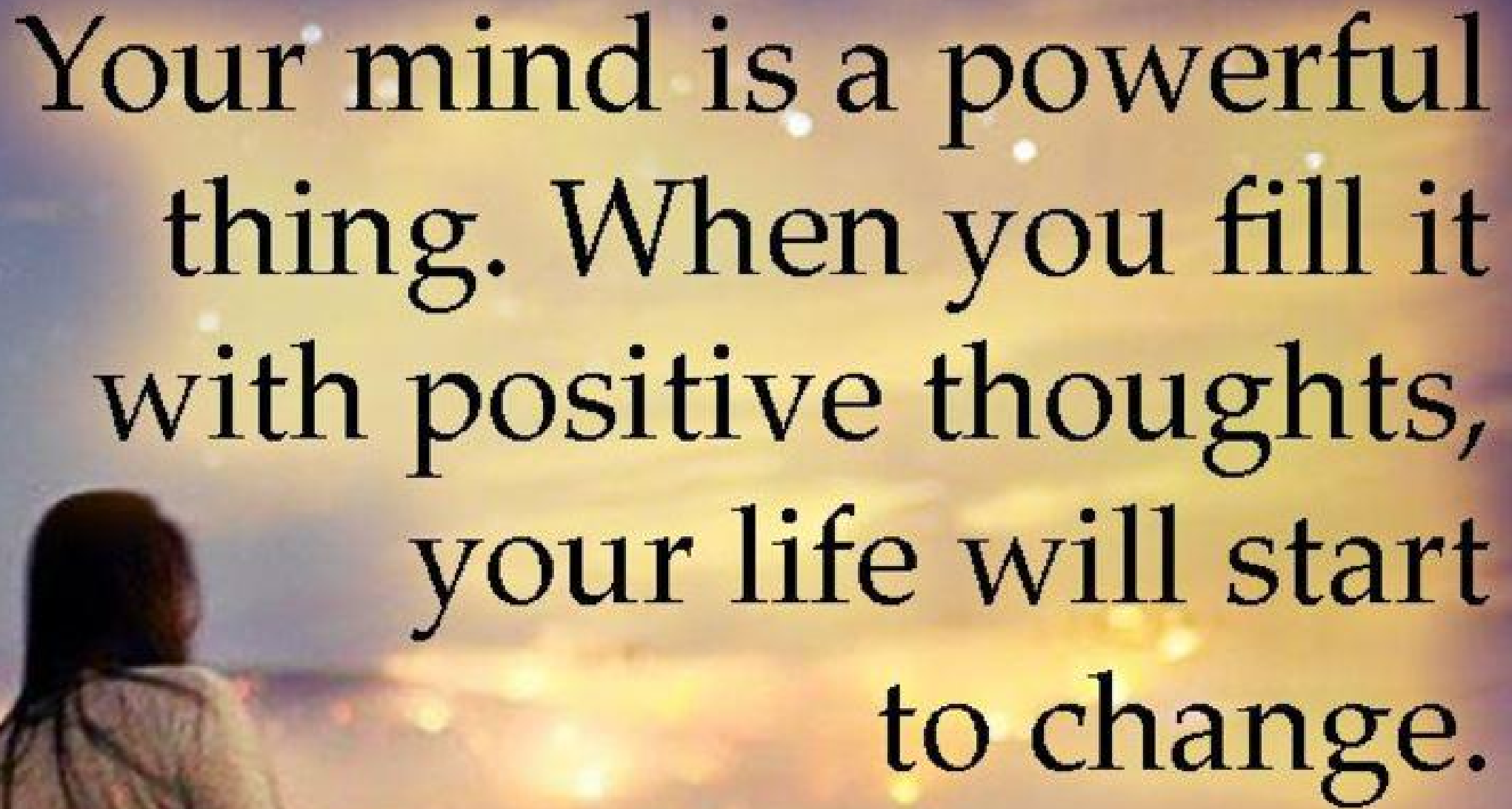


Create Morning Mindset Routine



Write a Wins Checklist





Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.

**POSITIVE
ATTITUDE**

10 benefits

of having

a positive

attitude

at

work

CELEBRATING

**POSITIVE
ATTITUDE**

It helps deal
with stress

1

A positive
attitude will help
gain respect of
co-workers and
your boss

2

It strengthens
relationships in
and out of
work

3

It motivates us
to work hard

4

A Positive
mind attracts
positive
events

5

You look for
solutions
instead of
dwelling on
problems

6

It helps boost
your self
esteem

7

It helps with
constructive
and creative
thinking

8

You can see
and recognise
opportunities

9

It makes
us
happy!

10

WITHOUT POSITIVE
ATTITUDE, SUCCESS IS
CALLED **LUCK**,
BUT WITH POSITIVE
ATTITUDE, SUCCESS IS
CALLED
ACHIEVEMENT.



**POSITIVE
ATTITUDE**