

# Attitude is Everything: Creating a Positive Attitude

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# Good Quotes

- What the caterpillar calls the end, the rest of the world calls a butterfly. – Lao Tzu
- Whether you think you can – or think you can't – you're right! – Henry Ford
- The greatest mistake a person can make is to be afraid of making one. – Elbert Hubbard
- To change your circumstances, first start thinking differently. - Norman Vincent Peale

# Objectives of Today's Session

- Learn tips and techniques to create a positive outlook
- Learn how to identify and overcome obstacles and resistances
- Appreciate the art of learning from adversity and mistakes

# What is an Attitude?

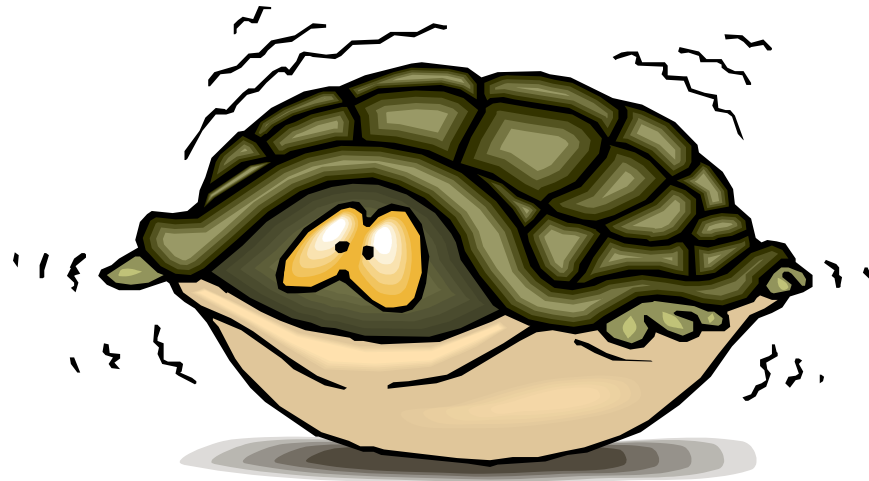
- A complex mental state involving beliefs, feelings, values and dispositions to act in certain ways
- Example: "Pat has the attitude that work is fun."
- Is attitude a choice?

# Benefits of Staying Positive

- Staying positive helps us:
- Get along better with others
- Feel better emotionally
- Mitigate depression
- Feel better physically
- Relax
- Feel more competent and confident
- Achieve our goals

# Discussion

- How do we sabotage ourselves from thinking positively?



# Master the Principles of Positive Thinking

- Believe in yourself
- Use your mind to gain peace and restore energy
- Create your own happiness
- Stop fuming and fretting
- Expect the best
- Don't believe in defeat
- Break the worry habit
- Practice silence
- Resolve differences

Source: The Power of Positive Thinking by Norman Vincent Peale

# Framework

1. Think: Success begins in the mind
2. Speak: Watch your words
3. Act: Success comes to those who act

Source: Attitude is Everything: Change Your Attitude and You Change Your Life by Jeff Keller



# Think! (Success Begins in the Mind)

- Your attitude is your window to the world
- You're a human magnet
- Picture your way to success
- Make a commitment and you'll move mountains
- Turn your problems into opportunities

Source: Attitude is Everything: Change Your Attitude and You Change Your Life by Jeff Keller

# How Adversity Serves Us

1. Gives us perspective
2. Teaches us to be grateful
3. Brings out our hidden potential
4. Encourages us to make changes and take action
5. Teaches us valuable lessons
6. Opens a new door
7. Builds confidence and self-esteem

Source: Attitude is Everything: Change Your Attitude and You Change Your Life by Jeff Keller

# Speak! (Watch Your Words)

- **THOUGHTS ⇒ WORDS ⇒ BELIEFS ⇒ ACTIONS ⇒ RESULTS**
- Your words blaze a trail
- How are you?
- Stop complaining!

Source: Attitude is Everything: Change Your Attitude and You Change Your Life by Jeff Keller

# How to Change Your Mind

- Reason with facts, not feelings
- Be honest about the messages we send ourselves
- Stay connected
- Plan for your happiness
- Become a problem-solver
- Find the silver lining
- Keep judgments in check
- Keep expectations in check
- Face your fears

# Act! (Success Comes to Those Who Act)

## – Part 1

- Associate with positive people
- Confront your fears and grow

Source: Attitude is Everything: Change Your Attitude and You Change Your Life by Jeff Keller

# Common Fears About Work

1. Public speaking or giving presentations
2. Hearing the word “No” or having ideas rejected
3. Changing jobs or starting own business
4. Telling managers or executives “negative news”
5. Talking to people in upper management
6. Fear of failure

# How To Face Your Fears

- Examine what you're afraid of
  - ✓ Things in the way of your personal and professional growth
  - ✓ Things outside of your comfort zone
- Adopt a “can-do” attitude
- Take baby steps
- Reframe the situation
- Keep moving forward
- Just do it

# Act! (Success Comes to Those Who Act) – Part 2

- Get out there and fail
- Set solid goals
- Network to get results

Source: Attitude is Everything: Change Your Attitude and You Change Your Life by Jeff Keller



# How to Develop a Can-Do Personality

- Focus on the task, not yourself
- Forget what other people think
- Sharpen your skills
- Do it
- Be kind to yourself
- Enjoy the ride

# What Are You Going to Do?

<b>KEEP</b> (doing)	<b>START</b> (doing)	<b>STOP</b> (doing)

# Wrap-Up

- Remember:
  - ✓ Don't confuse stuff with success
  - ✓ Enjoy what you have
- Make a commitment to improve your attitude
- Evaluations

