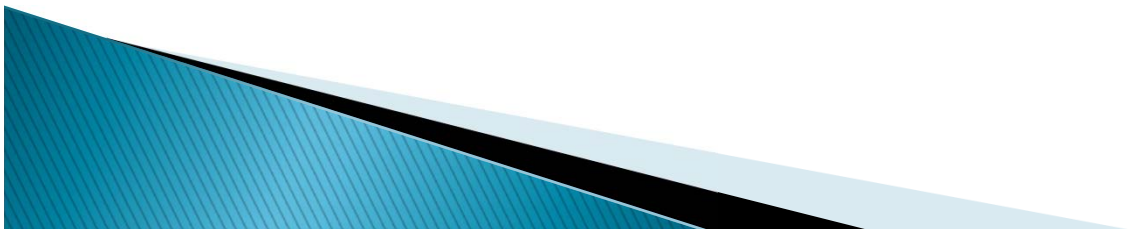


# Tips to Adjust Your Attitude



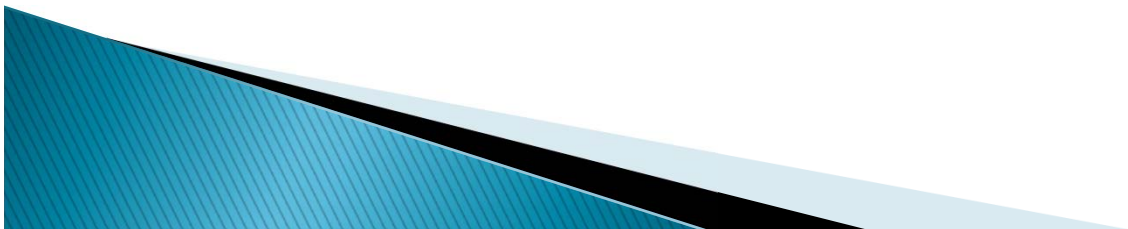
# Definition of Attitude

- ▶ Attitude is the way you mentally look at the world around you. It is how you view your environment and your future. It is the focus you develop towards life itself.



# Attitude by Charles Swindoll

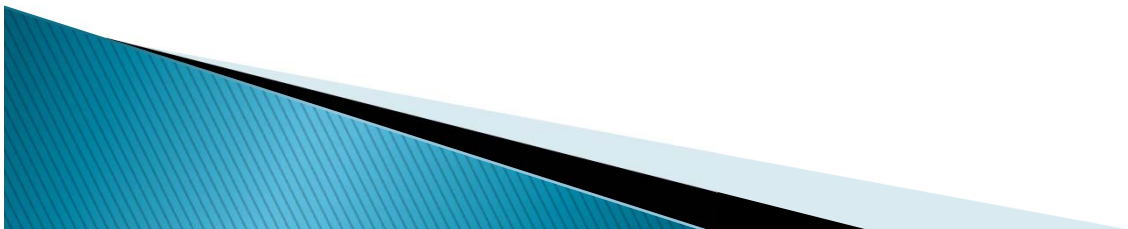
- ▶ “The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes.”



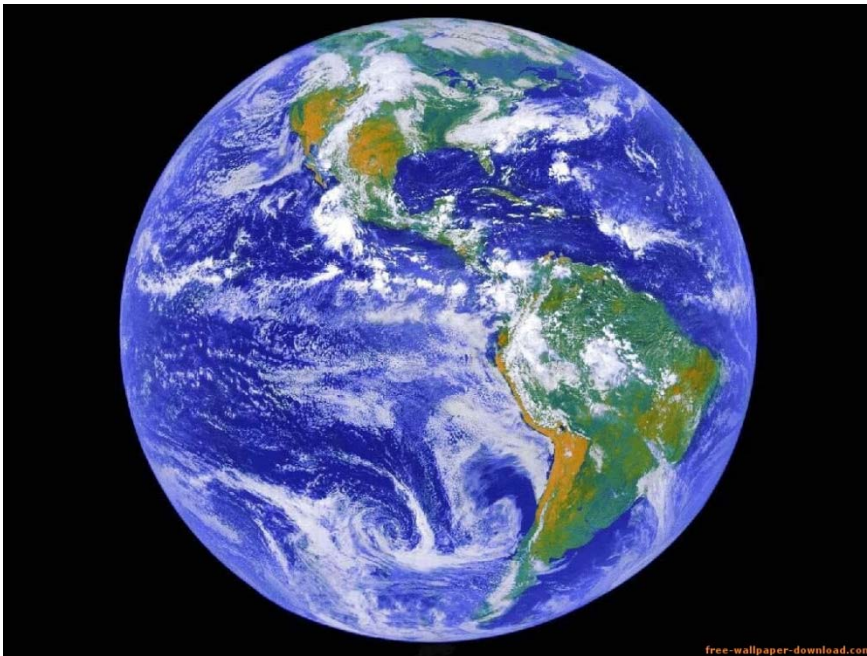
# Tips to Adjust Your Attitude

## Tip #1

- ▶ Listen to your “self-talk”.



# Tips to Adjust Your Attitude #2

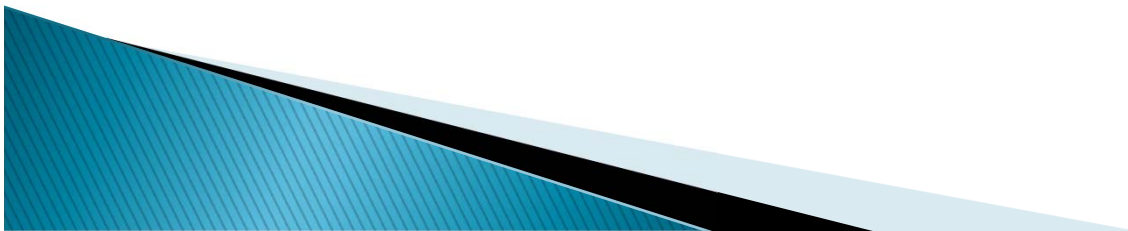


- ▶ Practice an attitude of gratitude.



# Tips to Adjust Your Attitude #3

- ▶ Pursue happiness.





# Healthy Habits for Happiness

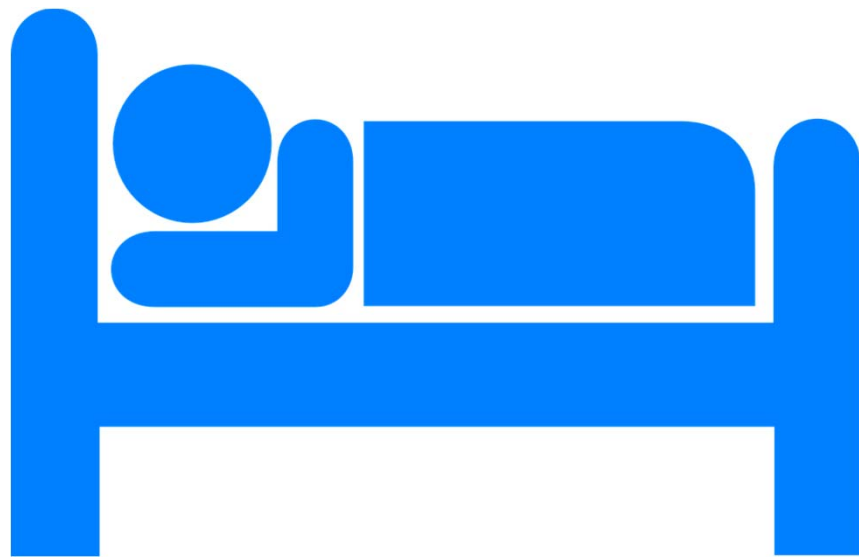


Exercise

Get Outside

# Healthy Habits for Happiness

- ▶ Sleep More

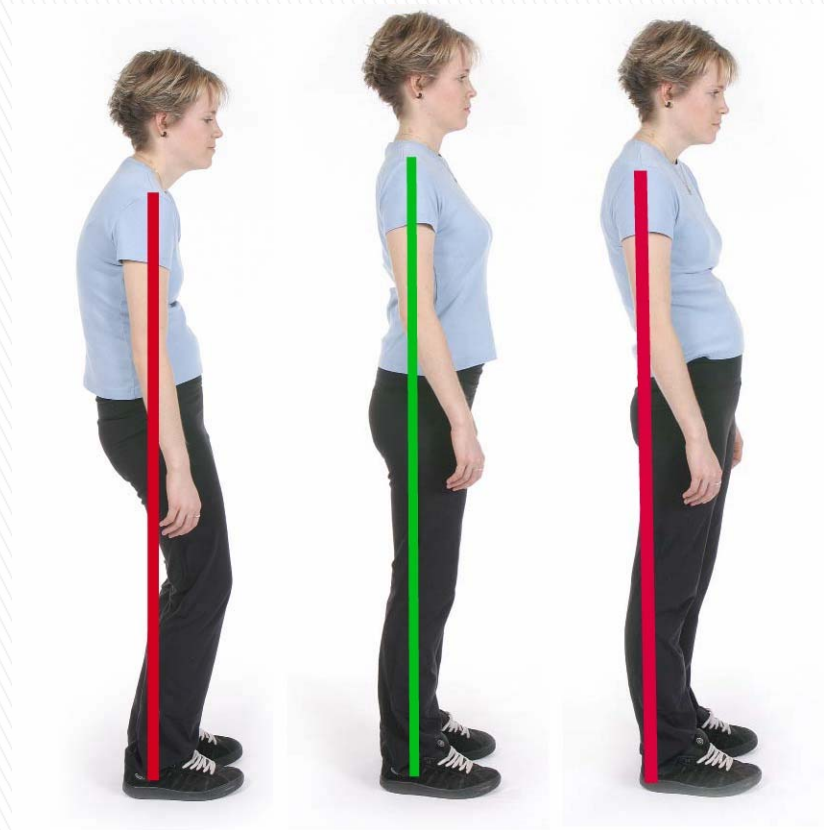




# Healthy Habits for Happiness



Eat More Fish



Stand up Straight

# Tips to Adjust Your Attitude #4

- ▶ Seek comfort with change.

**CHANGE  
IS GOOD.**

**You go  
first!**



# Tips to Adjust Your Attitude

#5



- ▶ Value relationships.



# Tips to Adjust Your Attitude #6

- ▶ Stop  
“shoulding”  
yourself.



# Tips to Adjust Your Attitude #7



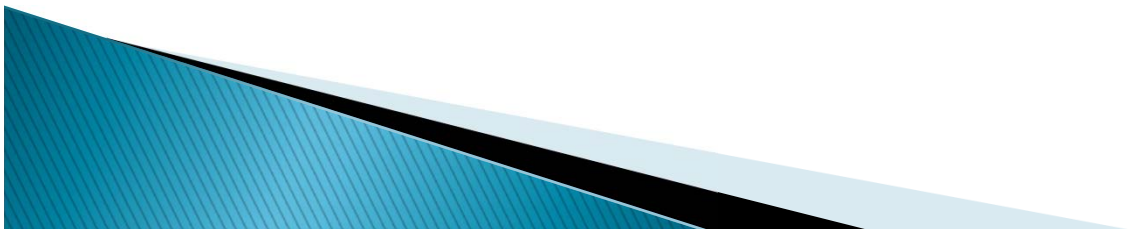
- ▶ Start fresh each day.





# Tips to Adjust Your Attitude #8

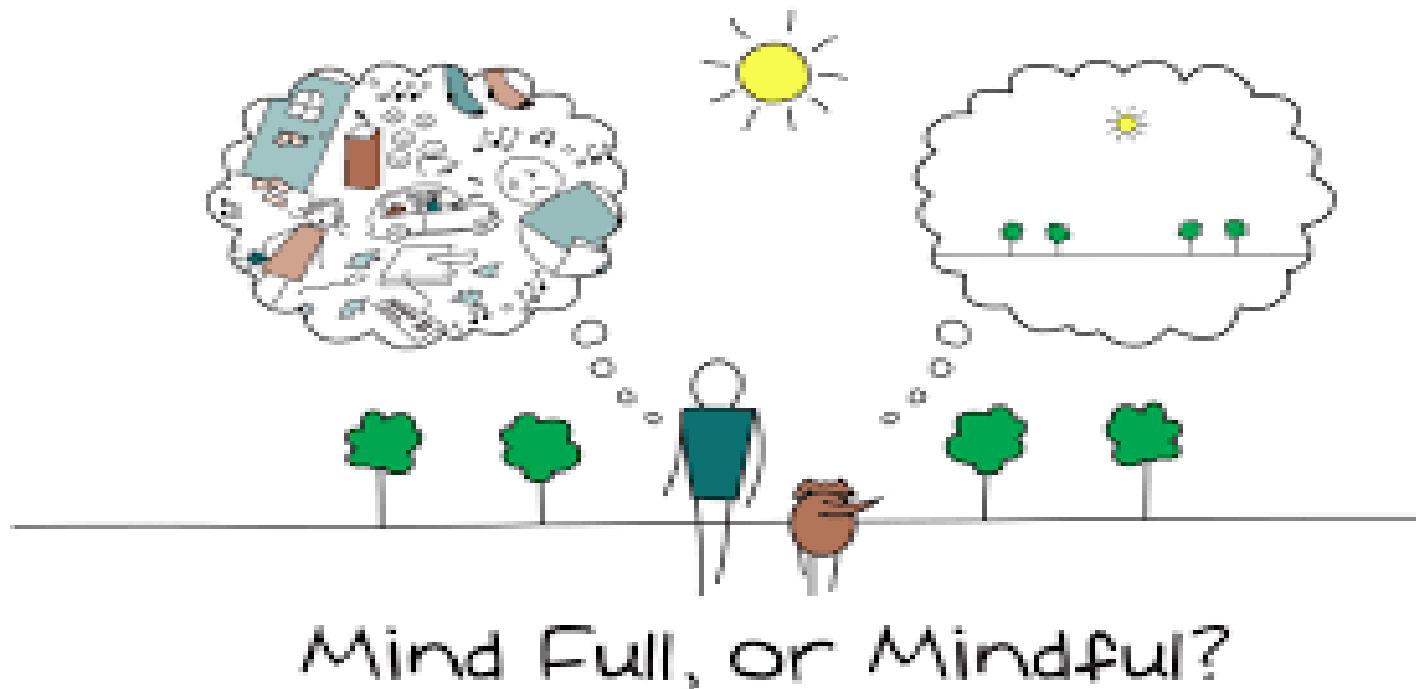
- ▶ Clarify and prioritize your life.





# Tips to Adjust Your Attitude #9

- ▶ Enjoy the moment.



Your body is present.



Is your mind?



Past

Present

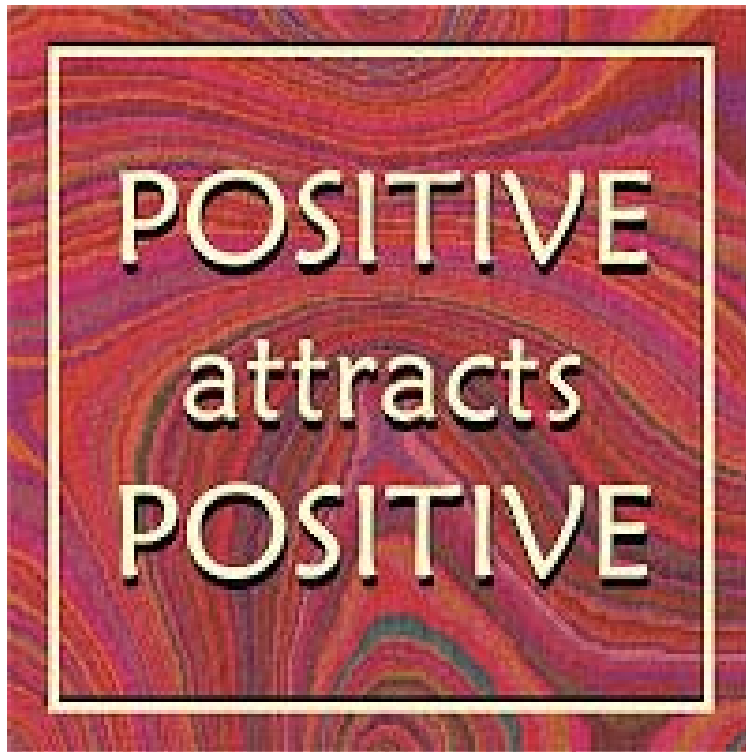
Future

*Don't Know*

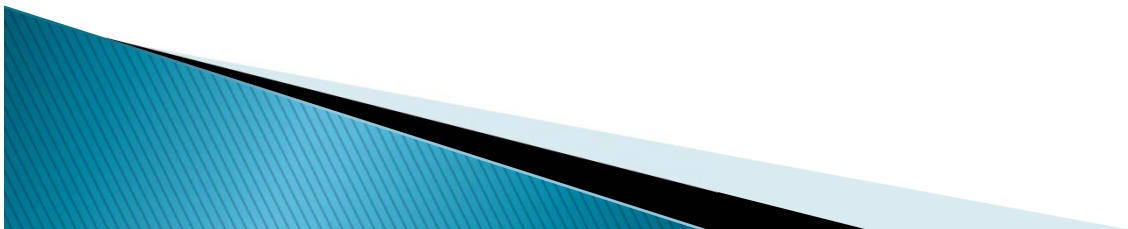


# Tips to Adjust Your Attitude

## #10



- ▶ Surround yourself with positive things.



# Tips to Adjust Your Attitude

