

## 6 Tips For Maintaining A Positive Attitude

1. **Decide to have a positive attitude.** We are responsible for our own happiness; other people can't make us happy. We need to decide to make ourselves happy then we don't have to wait around for someone else to do it for us.



2. **Surround yourself with positive people.** We become like the people we spend the most time with. When we surround ourselves with negative people, we can become negative. When we surround ourselves with positive people, their attitude is contagious.

3. **Use positive affirmations.** A.L. Kitselman said, "The words 'I am....' are potent words; be careful what you hitch them to." We need to replace our negative self talk with positive affirmations. Replace "I hate getting up in the morning" with "I am grateful for a new day." Eventually changing our self talk will lead to the changes in our behavior.



4. **Be very selective of the music and news information that you listen to.**  
GARBAGE IN = GARBAGE OUT!

5. **Take time to help other people.** Perform some community service; help a neighbor in need. When we do some service for others, it takes our mind away from our own situation. It also demonstrates to us that we can have a positive impact on our world.



6. **Don't stop; never give up.** Even when we have a positive attitude, we still have days when we don't feel quite so positive. On these days, we may need to take extra time to review the previous six tips and remember to not give in to the negativity around us.

Kathy Eubanks

## 10 Things That a Positive Attitude In The Workplace Can Do

1. Career success
2. Reduce stress
3. Less sick days and better productivity
4. Improve client relations
5. Become a better leader
6. Improve the attitude of other employees or those who report to you
7. Improve teamwork
8. Improve motivation for yourself and others
9. Improve decision-making and overcome challenges
10. Improve Interpersonal Relations

