

Positive Attitude Tips



Promote a Positive Attitude in the Workplace

12 Tips for Growing a Positive Attitude

1. Practice optimism ... it's contagious. Each day try to name three good things that have happened to you during the day.
2. Dwell on positives, not negatives. Try using terms such as "Absolutely" or "I'll see what I can do" *instead of* "I can't" or "It won't work."
3. Maintain a sense of perspective ... and humor. Ask yourself, "How important is this really?"
4. Believe that others have good intentions.
5. Become a problem-solver. Focus on the solution.
6. Be alert to negative thoughts and *switch* those thoughts to positive ones.
7. Take control of the way you respond to tension and conflict.
8. Manage your stress and stay relaxed. Take mental breaks and deep breaths. Or take a walk — exercise will help you relax.
9. Stay healthy. Eating healthy and drinking water (instead of caffeine) throughout the day will help you think clearly.
10. Empathize with others. Treat others as *they* would want to be treated.
11. Openly offer praise, thanks, apologies, and support.
12. Smile! Smiling can actually *make* you happier.

"Perpetual optimism is a force multiplier."

— Colin Powell

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