

Some hints to help you *Have a Good Attitude*



When you need help to get and maintain a good attitude:

1. Think positive thoughts.
2. Think, “I am a good person and worth the effort.”
3. Set small achievable daily goals.
4. Reward yourself frequently for achieving your goals.
5. Surround yourself with positive people.
6. Be kind to yourself through all your ups and downs.
7. Look into the mirror and tell yourself something nice.
8. Post a sign somewhere where you will see it every morning (bathroom mirror, kitchen table, in your car, etc.). Write something nice on it about yourself.
9. Do something nice for someone else.
10. Remember--having a good attitude is important to success.

Remember... We cannot change the direction of the wind, but we can adjust our sails.