



# #29 FORMULA FOR A POSITIVE ATTITUDE

**Decide you're willing to go for it ... you've got to commit!**

**Decide it will take a year to reprogram your negative thoughts.**

**Start each morning with some positive exposure, wisdom or expressions. (15 minutes)**

**Start each day with a positive thought process...I'm happy, It's gonna be a great Day!**

**Get rid of negative people in your life.** If they are family or a boss, reduce energy spent on them.

**Avoid the negatives.** Do things that lift you up, not pull you down.

**Avoid violence on TV and in movies.** Violence wastes positive energy and breeds more violence.

**Ignore Idiots and zealots.** This journey sometimes seems a little silly. *This is a natural feeling.* Hang in there. Let idiots and zealots go their own way. It's all about you not them. Let nothing or no one get in your way.

**Turn off the TV.** Turn off the local news; it is completely negative.

**Make your environment.** One that makes you happy, gives you peace and fosters learning.

**Read things that inspire you at the start of the day.** Share what you learned.

**Listen to positive people.**

**Surround yourself with success.** Happy, creative, encouraging people.

**Smile all the time.** Lead with a smile and your words will follow. Earn a smile from everyone you talk to. Smile on the telephone.

**Respond to everything in the positive.** At first this requires thought. Stop and think before you mouth off.

**Start everything in the positive.** Tell yourself and others what CAN be done, what you WILL do.

**Select one positive message or quote and read it, or watch it every day for a year.**

