

We Can Choose a Positive Attitude

- We need to ask ourselves:
Who modeled a positive attitude
in my life?

What do I want to be known for?

How do I want my attitude to
effect those closest to me?
- Take time at the beginning
of everyday to remember to
prioritize a positive attitude.
- We all need attitude help
from time to time.
- We can surround ourselves
with positive people.
- If we find ourselves getting
negative, we can reach out
for help to shake off the
downs and rediscover the
attitude we want.

Positive Attitudes Invite:

- New skills
- New options
- A more complete
perspective
- Healthy self-control
- Increased creativity
- Endless positive options in
the life one is given



For Help:

HopeWorks at
(860) 561-1175
or email us at
hopeworks@snet.net.

Check out our webpage:
www.hopeworkscentral.org



Attitude is Everything

*It is hard to beat someone who
never gives up.*

*Babe Ruth
Baseball hero*



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*Providing hope and help to teens and
their families through education,
counseling and community outreach*

Everyone's life has challenges, some big, some small. When faced with these challenges, we all have a choice about our attitude.

Attitude is an independent factor.



Longevity studies now prove that a positive attitude is good for our health. Why are so many Americans known for their whiny and negative attitudes?

People with negative attitudes drive other people away. They also are more likely to develop drug or alcohol problems in an effort to escape from the negativity of their own thoughts.

Attitudes are contagious.

Ask yourself, "Is my attitude worth catching?"

Characteristics of a Poor Attitude

Judgmental

Negative

Grudge Holding

Resentful

Unforgiving

Self Pitying

Feeling Hopeless

Feeling Bitter

In a spiritual crisis, "Where is God?"

(Hint: God hasn't moved.)



When We Choose a Positive Attitude We

Gain:

Hope

Gratitude

Humor

Openness

An ability to prioritize, ("Keep first things first")

A spiritual center

Mental clarity

Respect from others

Emotional stability

Peace

Patience

"It is not your aptitude, but your attitude that determines your altitude."

Zig Ziglar - Motivational Speaker