
Maintaining a Positive Attitude

This program is designed to help you concentrate on the positive and value what is really important. It will help you understand your own attitude and help you to maintain a positive one.

Program Content:

Introduction

- What is Attitude
- Objectives

How to Understand Your Attitude

- Understanding Your Attitude
- The Past is History
- Three Types of People, Three Types of Attitudes

How are Attitudes Communicated

- What Do Attitudes Sound Like?
- What Do Attitudes Look Like?
- What Can You Expect from Your Attitude?

How to Analyze Your Attitude

- Your Attitude and You
- Your Attitude about Others
- Maslow's Hierarchy of Needs
- Your Attitude & Diversity

Attitude Adjustments

- Pursuit to Happiness
- Looking at Things From a Different Perspective
- Value Relationships
- Stop "Shoulding" Yourself

How to Maintain a Positive Attitude

- Attitude - Maintenance Strategy
- Dream Story Workshop
- Recipe for Success Workshop
- My Goal Sheet