

9 Techniques to Harness your Attitude

1. Know what attitude is

*“A mental position with regard to a fact or state. A feeling or emotion toward a fact or state.” Webster’s Seventh New Collegiate Dictionary
Happy, angry, grumpy, sad, content, silly....*

2. Be present in the moment

To be proactive you must be present.
Being present brings awareness of your attitude.
Worrying about the future squanders the present.

3. Practice forgiveness

Forgiveness retrieves your energy and power.
Choose to release yourself from anger, hatred, etc.
Doesn’t mean past action was okay, or you will allow it to happen again.

4. Acknowledge your reactions and choose to react proactively

If your reaction has undesirable results...
What might you have done differently?
Can you fix it now?
Can you practice for next time?

5. Become aware of your perceptions

Be aware of your ‘tinted’ glasses – we all wear them.
Based on past experiences, beliefs, and expectations.
Other people’s views are as valid as yours are.

6. Take ownership of your choices

Don’t accept *“It’s not my fault”* or *“He made me”* from yourself.
Ownership implies action.
Ownership confers power.

7. Choose who you associate with

You’re influenced by those you associate with.
Associate with people you admire.
Be a person others want to associate with.

8. Cultivate an attitude of gratitude

Puts life events in perspective.
Heightens your awareness of the good things in your life.
Helps you make more time for the good things in your life.

9. Own your attitude!

Attitude is one of the few things you have 100% control over.
Be aware of what attitude you are feeling.
Decide if your attitude is appropriate; choose to continue it or change it.