

## *Winning Attitude Workbook*



**Shift Your Thinking, Shape Your Life  
& Create Success**

## Introduction

**"We become what we think about."**

Your attitude is not something you are born with, it is something you develop, reinforce, and strengthen through awareness and choice.

**This workbook is designed to help you:**

- Become aware of your current attitude
- Identify thoughts and beliefs shaping your results
- Reframe limiting perspectives into empowering ones
- Build a positive, growth-oriented mindset
- Take intentional action aligned with success

Move through this workbook with honesty and openness. Attitude is the foundation of personal growth, success, and fulfillment.

## 1. Understanding Your Current Attitude

**How would you describe your current attitude toward life?**

(Positive, negative, neutral, hopeful, doubtful, optimistic, resistant.)

---

---

---

---

**Which areas of your life do your attitude influence the most?**

- Career / Work
- Relationships
- Health & wellbeing
- Confidence
- Personal growth

---

---

---

---



## **What beliefs or thought patterns currently shape your attitude?**

(About success, failure, money, opportunity, or challenges.)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## 2. Identifying Negative Thoughts & Limiting Beliefs

**What negative thoughts or limiting beliefs hold you back most often?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How do these thoughts affect your behaviour or results?**

(Notice avoidance, fear, procrastination, or self-doubt.)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Reframing Limiting Beliefs

Rewrite each belief into an empowering one.

Old belief:

---

---

New empowering belief:

---

---

Old belief:

---

---

New empowering belief:

---

---

### **3. Developing a Positive Attitude**

**What would a positive attitude look like in your daily life?**

(How would you respond to challenges, setbacks, or opportunities?)

---

---

---

---

---

**How can you cultivate abundance and possibility in your thinking?**

(Gratitude, affirmations, visualization, reflection.)

---

---

---

---

---

## **What qualities do you want to strengthen in your attitude?**

- Optimism
- Resilience
- Gratitude
- Confidence
- Patience
- Faith
- Focus

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## 4. Reflection

**"We become what we think about."**

How does this idea resonate with you?

---

---

---

**Which thoughts or beliefs must change to become who you want to be?**

---

---

---

### Goals from a Growth-Oriented Attitude

If your attitude fully supported your success, what goals would you pursue?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 5. Action Plan: Shifting Your Attitude

### Daily habits to support a positive attitude

(Choose what resonates.)

- Gratitude journaling
  - Affirmations
  - Mindfulness / meditation
  - Reading or listening to positive content
  - Visualization
- 

### How will you respond differently to challenges or setbacks?

---

---

### Who or what can support you in maintaining a positive attitude?

(Mentors, coaches, books, podcasts, environment.)

---

---

## 6. Measuring Your Progress

**How will you track your attitude shifts?**

(Journaling, weekly reflection, mindset check-ins.)

---

---

---

---

---

---

---

**What signs will show your attitude is improving?**

(Fewer negative thoughts, increased confidence, calmer responses.)

---

---

---

---

---

---

---

## 7. *Celebrating Attitude Shifts*

**How will you acknowledge and celebrate progress?**

---

---

---

---

---

---

**What positive changes have you already noticed?**

---

---

---

---

---

---

## Conclusion

Your attitude is the lens through which you experience life.

By consciously choosing your thoughts, reinforcing empowering beliefs, and taking aligned action, you begin to shape a life of clarity, confidence, and success.

Success is the progressive realization of a worthy ideal.

Return to this workbook regularly to strengthen your mindset and stay aligned with your goals.

Hope this exercise has proven useful!

We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

Thank you!!