

## ***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.)

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

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

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## 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.)*

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## **Reframing Limiting Beliefs**

*Rewrite each belief into an empowering one.*

*Old belief:*

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*New empowering belief:*

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*Old belief:*

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*New empowering belief:*

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### ***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?)*

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

*(Gratitude, affirmations, visualization, reflection.)*

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

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

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## 4. Reflection

**“We become what we think about.”**

*How does this idea resonate with you?*

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

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### **Goals from a Growth-Oriented Attitude**

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

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2. 

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3. 

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## **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

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

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

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

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## 6. Measuring Your Progress

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

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

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

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

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## ***7. Celebrating Attitude Shifts***

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

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

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## **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!!