

Your Attitude Determines Your Altitude

How to keep a great attitude in a world full of challenges and obstacles.

You are responsible for feeding your fire. (feed your mind/brain) What happens to a fire that is not tended? What happens to enthusiasm when it is not tended? What do you need to do to fuel you? Your mind needs feed just like your body. Make sure that you consistently feed your mind so that your Great Attitude will determine your High Altitude.

How to:

1) The Mental Bath – Each Day complete the following Activities

Booking – Get at least 1 booking – We are more excited when we have appointments.

Affirmation – Say Yours at least once

Tape – Listen to a Positive Audio

Hotline – Call the Coaching Line

2) Surround yourself by Positive People.

How do the 5 people that you spend the most time with leave you feeling? Positive, Neutral or Negative.

Rate, Evaluate, Decide. Remember, we become like those we associate with. Are your friends going the direction that you want to go?

3) What do you SAY? Do you speak positively about yourself and others? Do you look for the silver lining in everything? Remember, you are the one who is listening to your words the closest. Allow them to build you and the people you come into contact with.

4) What do you read and view? Do you read books that help to develop you? What about what you are watching?

5) What do you see? Positive Quotes, Goals/Goal Posters, Success.

6) What do you think? What you think about you bring about. Decide what you will allow your mind to focus on and feed. Be intentional in your thoughts.

7) How do you stop Negativity? Do you have a system? How quickly do you connect with someone capable of lifting you up? If you catch yourself being negative or having an unhealthy mindset, do you stop to pray or meditate? Ask for guidance and direction.

8) Make sure you have prayer/meditation time. Start your day right with Faith first!

9) Your attitude is also influenced by how you feel physically. Take care of your body. Get adequate rest/sleep, eat a balanced diet avoiding sugar, fat and caffeine, get exercise.

10) Have fun and Laugh a lot. Do things you enjoy. Be a Magnet so that Others are Attracted to you!