

# Your attitude

Your attitude is a choice on how you want to respond to life's challenges.

1. A positive attitude is a choice for hope and belief.
2. A negative attitude is a choice for negativity and problems.

There will always be adversity, but it's your attitude and mindset that will determine how far you go.

"Your attitude is your greatest characteristic. You don't control your intelligence, your size, or your God-given talents. What you do control, though, is your attitude. We can all have a positive attitude." **Jay Wright**

Here are 6 ways to improve your attitude:

1. **Prioritize What's Within Your Control** – It starts with your ability to focus. Take ownership and control of what you can control. When you realize that you can control your mindset and attitude, you start to view external challenges for what they are, just challenges. Have a growth-mindset and believe that you can grow and improve
2. **Transform Your Negative Self-Talk** – Challenge your negative thoughts. Replace your negative words with positive affirmations. Your words are powerful, especially the words that you speak to yourself. Studies show that positive self-talk can enhance your confidence and reduce stress.
3. **Create an Attitude of Gratitude** – Feed yourself positivity, gratitude, and greatness instead of listening to complaining, negativity, and doubt. Spend time thinking about the positive aspects of your life. Research shows that practicing gratitude daily can lead to improved mood and overall well-being.

4. **Stay Present – BE HERE NOW** – When you focus on the present, you reduce stress and anxiety because you aren't worrying about the past or anxious about the future. All we have is the present moment. Your attitude and mindset depends on your ability to be mindful of your environment.
5. **Create Positive Moments and Connect** – Connect with others and spend time with the people that you like. When you have an attitude of connection, you look for positivity and realize your effect on others. You also realize that others bring you support in those times of need.
6. **Believe in Yourself and Your Future** – Cultivate self-belief. Research has shown that having a positive self-view predicts improves your self-esteem and confidence. When you believe in your future, you take ownership and responsibility for your choices and actions because you believe they will affect your future.

### ***CHOOSE YOUR ATTITUDE***

Adapted from @coachajkings