

# Action Guide

Attitude Determines Action

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## Remember:

Each day brings an opportunity to make choices about your life, the most fundamental being your choice of attitude. If you can choose to get out of bed and do whatever you do each day, you can also choose to have a positive attitude and find ways to enjoy even the most tedious tasks. The choice is always yours.

## Reflections:

You cannot change your past. You cannot change the fact that people do what they do and behave the way they behave. You cannot change the inevitable. The only thing you can do is depend on the one thing you have complete control over, and that is your attitude.

Do you agree that a bad attitude is incompatible with success in any area of your life? Why?

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*Please realize that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in fulfillment, taking ACTION will!*

## Application:

Be assured that over a period of time, a positive attitude can replace a negative one. It's never easy, but the personal renewal you will experience as you weed out the negative thoughts and replace them with positive ones will be worth the effort. I PROMISE!

This next action item or items may seem a little simplistic when wanting to change some wrong attitudes, but they work. They are highly recommended by John Maxwell, author of dozens of books like: "Dare to Dream" and "The Choice is Yours."

## He recommends to do 2 things to help change a bad attitude:

1. Say the right words,  
Read the right books,  
Listen to the right tapes,  
Be with the right people,  
Do the right things,  
Pray the right prayer.
2. Do number one every day, not just once or only when you feel like it, and watch your life change for the better.

**You can do it, I believe in YOU!**

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