Action Guide

Optimism on Purpose

Remember:

Moods are a choice!

Each morning you wake up, remind yourself that you have a choice. You can choose to be in a good mood or you can choose to be in a bad mood. **And since it is your choice, why not choose to be in a good mood**? You'll feel better and so will those around you.

Reflections:

It's better to be an optimist who is sometimes wrong than a pessimist who is always right.

Think about the above statement long and hard and set your future attitude based on your conclusions. If your conclusions are what I think they'll be, you will be determine to learn from your setbacks, look for the good in every person and capitalize on the lessons in every challenge.

Please realize that <u>action</u> 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:

One of the most rewarding exercises that I learned years ago is called, "re-scripting." I had found that some of my comments, remarks or conversations were riddled with negativity. I was challenged by a close business associate of mine to write down some of my most common negative statements and then re-write them in a positive way. The results were revealing. First, I was a little surprised at the habit I had gotten into with my negative statements. Second, I was amazed at the difference "re-scripting" made in my attitude and in my relationships with others.

Try it. Identify the most common statements you make that our less than positive. If you are having a difficult time recalling what those might be, ask a friend who is not afraid to be brutally honest with you. Write them down and then "re-write" those negative statements in a positive way.

Example:

Negative statement: The people I work with are incompetent and have a bad attitude.
Re-scripting: The people I work with are always learning, and even though people make mistakes they are doing their best.

Negative statement: _____

Re-scripting: _____

You can do it, I believe in YOU!