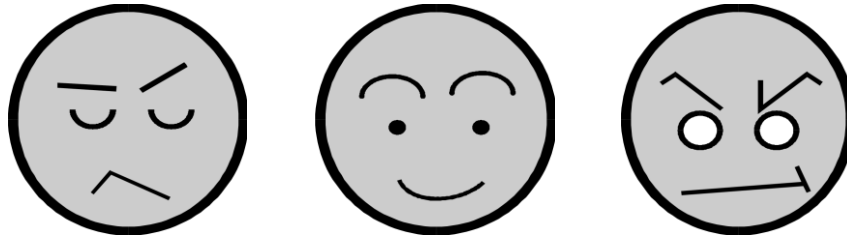


# *The Energy of “Attitude”*



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# *The truth about Attitudes!*

- It's a choice.
- Attitude is a mindset; it's the way you look at things mentally.
- A positive attitude gives energy to you and those around you. A negative attitude drains your energy and the energy of those you are in contact with.
- Positive attitude delays aging!
- Negative energy/attitudes attract and produce negative attitudes.
- If you have a bad attitude you have a good chance of being chosen for a reality TV show or low budget sitcom.

# *Do you have a clue?*

## Verbal Attitude Clues

## Non-verbal Attitude Clues

## *Top Killer Phrases*

1. We tried that before.
2. Don't waste time thinking.
3. Don't rock the boat.
4. Why not leave well enough alone?
5. Great idea, but not for us.
6. It'll never fly.
7. Don't be ridiculous.
8. Put it in writing.
9. It will be more trouble than it's worth.
10. That's not in your job description.
11. You can't teach an old dog new tricks.
12. It's not in the budget.
13. The boss will eat you alive.
14. We haven't got the manpower.
15. People don't want change.
16. Don't fight city hall!
17. What will people say?
18. If it ain't broke don't fix it.
19. Be practical!
20. Because I said so.
21. I'll get back to you on that.
22. That's not my job.
23. Suck it up Buttercup!
24. You've got to be kidding?
25. I'm the one that gets paid to think.
26. Get a committee to look into that
27. We've always done it this way.
28. I'd tell you but I'd have to kill you.
29. Get a life.
30. Do you realize the paperwork it will create?
31. Do we have to?
32. I'll think about it.
33. What happens if . . . ?
34. We don't have the funding.
35. Excuse me?
36. For your 411
37. Oh well, you're new.
38. Oh really?
39. It is what it is.
40. I'm not at liberty to discuss that with you.
41. What are you thinking?
42. Ah, duh.
43. Are you done?
44. Deal with it!
45. Do I have to think for you as well?
46. Send me an email.
47. That's on a need to know basis.
48. IMHO--In my humble opinion.
49. Whatever!
50. I'll try.
51. Fine!
52. Git er done

# *How Does Your Attitude Add Up?*

Score the following items with: Yes=4 Usually=3 Rarely=2 No=1

- Do you try not to be a complainer?
- Can you be optimistic when others are depressed?
- Do you speak well of your employer/people you work with?
- Do you have a sense of duty and responsibility?
- Do you feel well most of the time?
- Do you follow directions willingly, and ask questions when necessary?
- Do you organize your work and keep up with it?
- Do you readily admit it when you have made a mistake?
- Is it easy for you to like most people?
- Can you stick to a boring task without being prodded?
- Do you recognize your weaknesses and try to correct them?
- Do you avoid feeling sorry for yourself?
- Are you courteous to others?
- Are you neat in your personal appearance and work habits?
- Are you honest and sincere with others?
- Are you friendly?
- Do you control your temper?
- Are you punctual?
- Do you respect the opinions of others even if you disagree?
- Can you adapt to new and unexpected situations readily?
- Are you tolerant of other people's beliefs?
- Do you try not to sulk or pout when things don't go your way?
- Are you the kind of friend you would like others to be?
- Can you disagree without being disagreeable?
- Do you consider yourself a courteous driver?
- Do you generally speak well of others?

- \_\_\_ Can you accept criticism without resenting it or feeling hurt?
- \_\_\_ Do you generally look at the bright side of things?
- \_\_\_ Can you work with someone you dislike?
- \_\_\_ Do you tend to be enthusiastic about whatever you do?
- \_\_\_ Are you pleasant to others even when you are displeased about something?
- \_\_\_ Are you enthusiastic about the interests and concerns of others?
- \_\_\_ Do you keep your promises?
- \_\_\_ Can you take being teased?
- \_\_\_ Are you a good listener?

**Now add up your scores. The highest possible score is 140. Lets see how you did.**

**130-140** Wow! You are a true positive person.

**109-129** Good job. Your positive attitude is showing!

**78-108** You're a little rough in spots.

**Below 78** There's room for improvement. Check where you scored a 1.

*Information obtained in part from [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca)*

## ***Reflections?***

# *12 Ways to Improve Your Attitude*

Attitude isn't something that's happening to us. It's something we have control over. It's a choice and little changes can reap big rewards.

## **1. Pay attention to your appearance.**

Negative self-image adds to a negative attitude. Strive for healthy.

## **2. Be mindful of your self-talk.**

What messages are you sending yourself all day long, positive or negative?

## **3. Change your choice of words.**

Check your habit words; they could be making your attitude worse.

## **4. Positive in = positive out.**

Use books, quotes, tapes & CD's to create a positive you.

## **5. Keep track of the positives.**

Whatever works: blessing book, journal, computer calendar, remind yourself of the good in your life.

## **6. Encouraging others can help you both.**

Each of us should act as a service industry. We're here to do, not just take.

## **7. Stop hanging around negative people.**

Don't try to change them or help them, just avoid, walk away, say NO!

## **8. Shake it up a bit.**

Different can be good! Get out of your rut and find yourself.

## **9. Lighten up!**

You don't have to be a comedian to enjoy the benefits of humor.

**10. Tune in to nature.**

Use it for exercise, reading, gardening, getting lost; get outside and transform.

**11. Quit being a media junkie: turn out and turn it off.**

You don't need to know what's happening around the world 24/7.

**12. Schedule time for yourself.**

'ME' time keeps you from feeling resentful and less out of control.

*Want to know more about Darla's presentations?  
Contact her at [www.darlaarni.com](http://www.darlaarni.com) | Copyright 2010*