



# 10 TIPS TO MAINTAIN A POSITIVE ATTITUDE

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If you get one or two tips out of this list it has been worth your while to read.

***“Just like in an athlete’s development, raw talent needs guidance and education to mature and make a positive impact. No athletic coach would let someone loose without coaching and mentoring. Why should you be any different in your business?”***

**I have always believed in the old saying “You are never too old to learn”.**

1. Take 100% control of your attitude from the moment you wake up.
2. Be pumped from the fact knowing that you are the only one that controls your attitude
3. Remember the words you use daily can predict the attitude of others
4. Be mindful of your tone and body language you use and display as to the impact it will have on others
5. Always look for positives in everything
6. Know that no-one can make you feel inferior without your consent.
7. Form your own opinion of a person’s situation and/or attitude. Don’t let others influence you.
8. A sensational motivator has a sensational attitude
9. Words will trigger pictures which in turn brings out emotions.
10. Hold yourself 100% accountable for your attitude and the influence it has on others.

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