

## 5 Attitude Tips

1. Moods are contagious. Are you “infecting” others with your bad attitude, or your good one? What attitude are you sharing?
2. When all else fails . . . laugh. Learn to laugh at yourself. Learn to laugh at the things that happen to you. After all, laughter relieves stress, and it’s good exercise.
3. Keep a folder of stories. Collect funny quotes and anecdotes. Also include stories that put things in perspective. Then, read these when you need a laugh, or when you need to be reminded of perspective. Maybe your problems aren’t as bad as you think.
4. You are what you . . . think. So, think about positive things. When you let go of the negative stuff, you have room to concentrate on the positive.
5. Make time for yourself. Schedule appointments with you on your calendar “in ink.” (Yes, you probably use an electronic calendar and don’t need a pen, but the point is . . . . Don’t change or cancel appointments with yourself!) ***This isn’t selfish. It’s self-less.*** When you take time “away,” you come back better able to be positive to those around you.

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