

# Get Job Ready

## Earn an "A" for Attitude

Did you know that what you say to yourself or others can boost your productivity, confidence, and relieve stress? When you replace negative phrases with more positive ones, you can change your outlook and your outcomes. Here are three suggestions on how to change negative to positive.

### 1. Use Milder Wording: Turn powerful negative words to more neutral ones. This change in words helps calm emotions.



I made a stupid mistake.	Change to: <i>I made an unwise decision...</i>
I hate math.	Change to:
I am furious about my grade.	Change to:
I am terrified to make my presentation.	Change to:



### 2. Change Negative to Positive: The next time you find yourself stressing about something or deciding you're not up to a challenge, stop and rethink, and see if you can come up with a neutral or positive response.



I can't pass the test.	Change to: <i>If I get help and study, I can pass that test.</i>
I never have enough time to study.	Change to:
It's impossible to finish my assignments.	Change to:
I always fail essay tests	Change to:



### 3. Change Limiting Statements to Questions: When we see things as impossible or too difficult it increases stress and stops us from searching for solutions. But if you change those limiting statements into questions, it opens your imagination to the new possibilities.



I can't handle this.	Make it a question: <i>How can I handle this?</i>
This is impossible.	Make it a question:
There's no way our team can get this done.	Make it a question:
No one on our team is participating.	Make it a question:



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