



“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:

Rather than stress about something or decide you're not up to a challenge – stop, rethink, and 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:

Stress stops your mind from searching for solutions. Changing limiting statements into questions opens your imagination to 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:



85% OF YOUR CAREER/WORKPLACE SUCCESS DEPENDS ON YOUR PEOPLE SKILLS.