

MINDSET FOR SUCCESS

Shifting Your Attitude from “What’s Wrong” to “What’s Right”

No matter how challenging a situation might be, engaging a positive mindset for getting through to the other side of the situation is essential. Understand that you can find the positive in the negative and reliance and success is an attitude, or the mindset, you choose to use.

The discipline of this exercise helps to shift you out of your hardwired negative view and intentionally insert the positive view. Start with getting the negative out of your thinking. Shift your focus to a positive perspective. See what happens you choose to change how you see things.

Reflect on your week. Look at the big and little occurrences that happened. Recall feelings, emotions and the reaction of others.	
Describe the week:	
What went wrong?	What went right?

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