

Developing A Better Attitude

Think about whether or not you have been told by a coworker or family member that you need an "attitude adjustment" at any time in your life. If you have not been told this, it is still possible that others are merely afraid to mention it to you because of your potential reaction. A good attitude is one of the most important assets you can have.

1. Consider the possibility that you might be able to improve your attitude in some way. There are very few people on the planet who never have any need for an adjustment of perspective at some point in their life.
2. Determine whether or not there is any topic or situation which you are somewhat negative about. This includes scenarios which you feel you have every right to be negative about.
3. Question yourself as to the true benefits you receive from this negative feeling. Is your life actually made better in any way or does this sometimes cause you discouragement? Does it put a damper on happy times occasionally?
4. Write down everything in life that you are thankful for. Making a gratitude list puts what you appreciate at the forefront of your thoughts and changes the direction of your focus.
5. Stop yourself when you hear a negative phrase escape your lips and think about whether or not you could have productively put a positive spin on the spoken thought in any way.
6. Praise co-workers who make any aspect of the job easier - sincere praise can be a highlight of that co-worker's day, lead them to help even more, and cheer up the person doing the praising, too!
7. Leave "home life" at home. Don't be the person that everyone avoids because they can't stop complaining about their spouse and kids, house, etc. Co-workers, even sympathetic ones, are not therapists.
8. Look for the positive aspects of the job - what's good about it, and what was the reason for applying there in the first place? By revisiting the "good side" of a job, it's possible to rekindle at least a little enthusiasm for it.