

7 Day Attitude Adjustment Challenge

The most important decision we make every day is our attitude. Each day you make a choice – you can be cranky, sarcastic and negative or you can be positive, enthusiastic and full of energy. We can choose to be positive and upbeat or we can choose to be negative and be filled with doom and gloom. Whilst some people make the choice about their attitude subconsciously, it is a choice that you get to make every single day. Nobody else can make that choice for you.

Attitudes are important and have a massive impact on our energy levels. Our energy level is closely linked with our attitude. People with lots of energy tend to have a positive, 'can-do' attitude. The two are as closely linked as the chicken and the egg. They tend to go together but it isn't always clear which one comes first.

If you would like to increase your energy, get more done, have a more positive attitude, stress less and have better relationships with others, there are practical things you can do. Less of some actions and more of others!

**Don't count the days!
Make the days count!**

Muhammad Ali

- Less taking away from relationships...*and more adding to!*
- Less cynicism...*and more optimism!*
- Less whinging ...*and more problem solving!*
- Less procrastination...*and more action!*
- Less instant gratification....*and more persistence!*
- Less nice ideas....*and more goals!*

Which of these dichotomies are having the greatest impact on your attitude? To achieve worthwhile goals you will almost inevitably need to overcome obstacles. Rather than viewing obstacles as barriers, it is helpful to view these obstacles as stepping stones. Seeing each one as a necessary step towards your goal helps to break down larger challenges into achievable steps.

“Obstacles are things a person sees when they take their eyes off their goal.”

A positive attitude is important when faced with an obstacle. By continuing to remain optimistic that the obstacle can be overcome, you create a positive, problem solving mindset. This is far more likely to help you overcome the barrier than a negative mindset that sees obstacles as insurmountable.

It is important to realise that attitudes are also contagious. Other people catch our attitude. It is vital that our attitude is worth catching!

Take on the following 7 day challenge to achieve a more positive attitude.

DAY ONE - Make a list of five things in your life right now that you should be thankful for.

DAY TWO - No complaining. Go a full day without a single complaint.

DAY THREE - Express gratitude to at least one important person in your life.

DAY FOUR - Spend 30 minutes doing something that makes you happy.

DAY FIVE - Get active! Go outside and get some exercise.

DAY SIX - Give yourself a mirror pep-talk.

DAY SEVEN - Smile! Give everyone you meet a smile!

Key points

The most important decision we make every day is our attitude

Our attitude is important and has an impact on our energy level

Attitudes are contagious

Is your attitude worth catching?

Take on the 7 day challenge for a more positive attitude

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