

Attitude Inventory

Take an attitude inventory of the people you surround yourself with and determine whether they are supportive or destructive. Take out a pen and paper and follow these instructions.

1. Write down the first names of the 5 people you spend the most time with over the course of a day, week, month, and year. You can use email, text, phone, Facebook, etc as factors to pick them. No, pets are not people – please take Fido off of the list.
2. Go down the list and grade their attitudes. Give them a 100% if they are positive all of the time. Give them a 0% if they are negative all of the time.
3. Write your name down and give yourself an attitude grade using the same scale as above.
4. Now, find the average grade of the 5 people you spend the most time with and compare that to the grade you gave yourself. How did you do?

It's important to acknowledge that attitudes, positive or negative, are contagious. Your attitude is the average of the attitudes of the people you spend the most time with. If you are around cynical, whinny, and negative people most of the time, you will become cynical, whinny and negative. Start spending time with positive people who are smart, driven and like minded. Your relationships should help you, not hurt you. Surround yourself with people who generally see the positive side of life. Work at a place full of people you are proud to know and people you admire. Choose friends who love and respect you and make your day a little brighter simply by being in it.

Here are three things you can do if the people you spend the most time with are not very positive.

1. Disassociate. This is not an easy decision, nor something you should take lightly, but in some cases it may be essential. You may just have to make the hard choice not to let certain negative influences affect you anymore.
2. Limit Association. Spend as much time as you can with positive influences and as little time as possible with negative influences. It is easy to do just the opposite, but don't fall into that trap. You have so little time at your disposal, invest it wisely.
3. Expand Your Associations. Find other positive people who you can spend more time with and invite them to coffee.

Spending time with mostly positive people will improve your attitude. Are the people on your list, lifting you up or holding you back? If you've identified some people on your list who are not supportive, or that sap your energy and make you feel badly about yourself, make a plan to change. You will end up looking and acting like the people you spend the most time with.

20 Ways To *IMPROVE* Attitudes

“What can I do to *IMPROVE* my **attitude**?” This is one of the most asked questions I get. Being positive most of the time allows you to enjoy life more.

Here are 20 practical ideas to help you get a positive attitude and keep it.

1. **Be Yourself** – Do more of the things you love. It is the only way to be happy.
2. **Improve Yourself** – If you’re improving, even a little bit, you’ll be more positive.
3. **Help Others** – Nothing makes a person feel better than helping others in need. When you help others, you can’t help but be more positive.
4. **Take an Attitude Inventory** – Your attitude and those around you.
5. **Birds of a Feather** – You will eventually become like the people you hang around. Keep yourself in the company of positive thinking people. Distance yourself from the doom and gloomers, find more positive people to spend time with.
6. **Be Selective** – Of information you get. Garbage in, Garbage out.
7. **Be a Doer** – Rather than a watcher. Take a walk rather than watching *The Biggest Loser*.
8. **Be an Attitude Warrior** – If you don’t defend your attitude, who will?
9. **Don’t Be Perfect** – Bad crap happens to good people. Don’t expect to be positive 100% of the time, just try to be positive as often as possible.
10. **One of Those Days** – It’s OK to have one of those days, just not five years in a row.
11. **Choose** – You’re responsible for our own attitude; others do not control how you think. Decide to be positive and make it happen.
12. **Relax** – Don’t fight a challenging situation, it only makes it worse. Relax, breathe and accept it.
13. **Affirmations** – Think positive thoughts and say positive things to yourself. It might seem goofy but it works!
14. **Be Grateful** – For what you have. There is always something to be grateful for.
15. **Laugh** – Bring more laughter into your life. It is a powerful way to improve your attitude.
16. **Pray or Meditate** – For a couple of minutes every day. You’ll be surprised how positive this can be.
17. **Celebrate** – Your own successes and the successes of those around you as often as you can.
18. **Have a Plan** – It lets you stay focused on where you are going instead of getting bogged down in the day to day drama.
19. **Control Your Environment** – You make choices everyday about where you live, the work you do, and where you go. If your environment isn’t supporting your positive attitude, change it.
20. **Be Selfish** – Take care of *YOU* first. Give yourself permission to make *YOU* a priority.

Book Matt to help make a difference in someone’s attitude and in someone’s life.

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