

## Attitude – Add It Up!

*“Attitudes are contagious. Are yours worth catching?”*

~~ Anonymous

Positive and negative attitudes are both contagious. All of us affect, in one way or another, the people around us. This influence happens instinctively and on a subconscious level, through your thoughts, feelings and body language.

Is it any wonder that you want to be around positive persons and avoid negative ones? People are more disposed to help you if you are positive.

How does your attitude add up? Each letter is assigned a percentage, for example A is the first letter in the alphabet, so it equals 1%, B is the second letter, so it equals 2%, C is the third letter, so it equals 3% and so on. When you add up the percentage for each letter in the word A-T-T-I-T-U-D-E, it adds up to 100%!

A	=	1 %	
T	=	20 %	
T	=	20 %	
I	=	9 %	
T	=	20 %	
U	=	21 %	
D	=	4 %	
E	=	5 %	
		<hr/>	
		100%	<b>ATTITUDE</b>



Is your attitude worth catching? Below are a few suggestions for keeping a positive attitude:

1. Be optimistic
2. Dwell on positives, not negatives
3. Maintain a sense of perspective
4. Believe others have good intentions
5. Be a problem-solver
6. Manage your stress and stay relaxed
7. Take care of yourself
8. Empathize with others
9. Openly offer praise, thanks, apologies and support
10. SMILE!!!



Is your day-to-day attitude adding up to 100%? One way to keep a positive attitude is to manage your self talk. Remember what Henry Ford said: *"If you think you can, or you think you can't, you're right!"*

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