

≈ **Tips for Leading with a Positive Attitude** ≈

- Choose to display a positive attitude each day.
- Use positive language as the first step to developing and maintaining a positive attitude.

≈ **Take Action** ≈

1. Refer to the Attitude Scale and specifically the items that you marked 1 or 3. Choose a more positive attitude by implementing the skills and behaviors we've reviewed.
2. Review the "Use Phrases that Build Relationships" box in this chapter to identify and write down the negative phrases that you use in conversation with your spouse and others. Write constructive phrases to replace the negative ones.

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3. Write down your negative phrases, then identify and write down constructive ones to replace the negative ones. You will gradually begin to build more positive relationships.

Negative Phrases

Constructive Phrases

_____	_____
_____	_____
_____	_____

4. Start each morning with a positive thought for the day.
5. Remember Brian's slogan and choose to "Never Have a Bad Day."

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