



ATTITUDE COLORS LIFE

We choose the attitude. We choose the color.

POWER OF ATTITUDE

- Attitude= a way of thinking/feeling about someone or something that is typically reflected in how one acts
- Automatic thoughts= what pops into our head (not a choice)
 - Remember if it's only partially true, it's still a lie
- Positive thoughts= thought that truthfully reflects the bright side of a situation (we can choose to replace our automatic thoughts)

[The Power of Positive Thinking](#)

CHOICES THAT BUILD STRONG ATTITUDE

#1: We can choose gratitude.

- Ready to give thanks
- To show appreciation for what is done well & for what we have
- Helps us avoid being overly critical
- Unlocks our hearts to experience all the good
- Tied to happiness

GRATITUDE UNLOCKS THE FULLNESS OF LIFE.
IT TURNS WHAT WE HAVE INTO ENOUGH, AND MORE.
IT TURNS DENIAL INTO ACCEPTANCE, CHAOS TO ORDER, CONFUSION TO CLARITY. GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW.
-MELODY BEATTIE-

#2: We can choose a growth mindset.

- I may not be good at this right now, but I can learn.



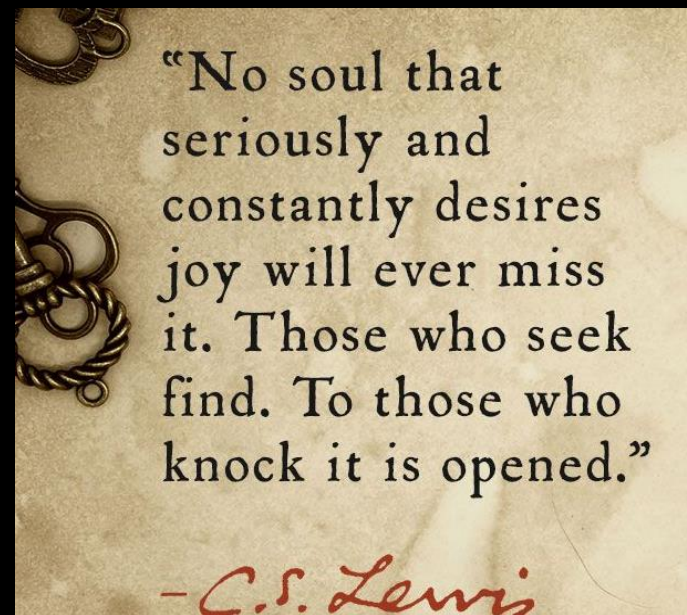
#3: We can choose to have faith that it will be worked for good.

- However painful, as I choose to hold onto love through this, I will overcome
- Perseverance leads to character.
- The most growth happens when we are uncomfortable.
- Pearl of true hope formed

but yet we
REJOICE
IN OUR SUFFERING...
BECAUSE WE KNOW
SUFFERING
PRODUCES PERSEVERANCE ...
PERSEVERANCE
CHARACTER...
AND CHARACTER HOPE...AND
HOPE
WILL NEVER DISAPPOINT US

#4: We can choose joy each day.

- Set your heart on the truth even when you don't feel like it's true.
- Think about good things.
- Take care of yourself. Take time to do what energizes you. Listen to your songs. Make time for your passions.
- Stay connected with God, family, friends.



“No soul that seriously and constantly desires joy will ever miss it. Those who seek find. To those who knock it is opened.”

-C.S. Lewis

#5: We can choose to let go of mistakes & try to take something away from them.

- Forgive yourself & others.
- Problem solve.
- Be a good sport & have a sense of humor!

*Forgiveness is not for the weak.
Being able to forgive those
who have wronged you is a mark
of spiritual strength and confidence.
When you forgive, you grow,
your heart begins to heal,
your back straightens up,
your eyes clear so that you
can see the road ahead.*

”A SENSE OF HUMOR IS A MAJOR
DEFENSE AGAINST MINOR TROUBLES.”
-MIGNON McLAUGHLIN



ATTITUDE IN LIFE

- Obstacles
 - Strong emotions & reactions (automatic thoughts & feelings)
 - Holding onto past
 - Needing to forgive
 - Fear of what others think
 - Self-doubt

Big Think

OVERCOMERS

- Manage our automatic thoughts & emotions
- Let go of the past
- Forgive those who wrong us
- Take courage & one step to face what you are nervous about
- Choose to believe in self & surround yourself with those who do