

A Positive Attitude Creates Your Happiness



BY

Janice Davies – *the lady with nice in her name*
Attitude Specialist

Professional Motivational Speaker * Business Trainer
Success Coach * Author

www.attitudetrainingforyou.com
www.xfactorconfidence.com
www.difficultpeoplehelp.com
www.internationalselfesteem.com

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By Janice Davies

Contact Information

Published by:
Attitude Specialist
P O Box 83218 Edmonton
Auckland
New Zealand

Phone 64 09 424 8400

Email: janice@attitudespecialist.co.nz

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Index

1. At the Beginning	4
2. Words of Encouragement	5
3. Negative Thinking Source	5
4. Attitude – What is it?	10
5. Happiness – What is it?	11
6. Negative or Positive – How do you see the world?	13
7. Your Personal Learning Style	14
8. Your Learning Choices	15
9. Changing Your Thoughts	16
10. Overcome Fear	17
11. Your Thoughts and Feelings and Actions	19
12. Your Personal Growth	20
13. Your Six Areas of Life	21
14. Determine where you are @ in life	23
15. Decide What You Want	27
16. Attitude Equation	30
17. 13 Vital Tips for a Positive Attitude	34

At the Beginning

Internet research has indicated that some of the most popular word or phrase searches in the twenty first century include: happiness, love, success and attitude. These are not tangible items such as a car or mobile phone, but are in fact feelings or thoughts. Happiness, Love, Success and Attitude. Sure we can see the physical objects that result as an outcome of these emotions; showing success through the receiving of a medal, owning an expensive home or having lots of money, demonstrating happiness by smiling or hugging your family and friends. These emotions do not however appear from nowhere; they are achievable and have been achieved due to a positive attitude. People that achieve success have worked towards their goals and don't give up until they have been reached.

Our sports heroes, celebrities and successful business people are constantly improving their form, visualizing the achievement of that goal and winning the medal or reaching their target long before they actually succeed. Focusing on a positive outcome prior to accomplishment has been a proven tool used by mankind for centuries.

There a quote that says:

You Achieve Your Goals Twice – Once in your head, once in reality

Life presents many challenges where you have to decide which road you journey down. If you want happiness and success in your dream life you need to discover your values and set your goals accordingly. To then achieve those

goals and overcome your challenges you need a positive mental attitude ensuring your success.

Words of Encouragement

When you are striving to succeed it is always helpful to receive words of encouragement, assisting you maintain a positive mental attitude. So as you undertake your journey of positive thinking you need to spend less time with negative people who are likely to ridicule you and your successes. Instead focus on socializing with positive like minded and motivated people.

*"You never know when one act or one word
of encouragement can change a life forever." Zig Ziglar*

Negative Thinking Source

Often negative thinking extends from a childhood experience or negative occurrence.

At the age of fifteen I was bullied at high school and it took almost twenty years for me to understand why it had happened. Once I was aware of the situation I embarked on a personal development journey to heal, forgive and ensure I never allowed myself to be in that position again.

You may have had a particular experience that you now need to work through and effectively heal yourself from the scars.

Any past experiences that result in negative feelings, emotions or thinking can become subconsciously lodged in your thoughts. This results in additional challenges to keep your attitude positive and on track to achieving your goals.

Albeit the way they view the world is depicted by this glass...



Half Full or Half Empty or How do you see the glass?

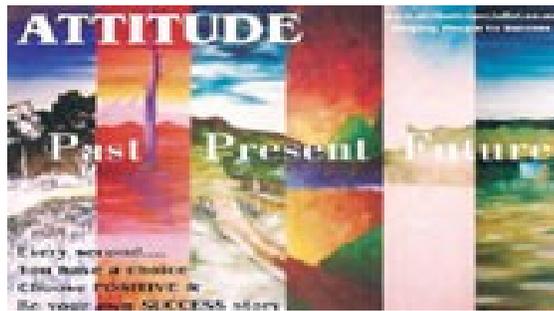
Half full is more positive thinking than half empty.

In today's global climate people who want success and happiness need to remember the powerful tool of their thoughts, and maintain a positive attitude as they overcome their challenges.

The end result then becomes your creation based simply on how or what you think. Positive thinking equals positive doing – the vital key in successfully achieving your goals and ultimately your happiness. Positive thinking has all your thoughts, words and images focussing on your success. Living with a positive mental attitude means you *expect* good results. A positive mind anticipates happiness, joy, health and a successful outcome from *every* situation or action.

To change your negative attitude you need to take a 180 degree spin and start focusing your thoughts on solutions rather than problems. The longer you think about the problem the longer it will be before you finally discover the solution.

My Attitude Postcard reads:



Past, Present, Future, Every second you have a choice.

Choose Positive and be your own Success Story.

You can only think one thought at a time.

Make it a positive one!

So if you want success and happiness you need to be taking action towards your dream life goal every single day. Additionally you need to have values aligned to those goals and positive thinking to create your successes; better relationships, improved health, satisfaction, peace or ultimately your dream life.

Ask yourself this question and notice the **first** answer that pops into your mind.

**If you had to rate your present level of happiness
where would you rate it out of ten?**

Now the reason I asked for your very first answer is because your logical mind often tries to change your thoughts about how you really feel. It gives you reasons why you rated yourself a three or a five through thoughts such as “I can’t rate myself that low” or “I must be higher than that”. Consequently you then re-rate yourself at maybe a seven or an eight, whereas your emotional mind actually gave you the correct answer the first time.

When doing this exercise you also need to be aware of what part of your life you have automatically rated. Have you rated your whole life, or maybe a specific area, such as work or health? This could be an indication you’re happy in other areas such as your relationships and finance. Have a go assessing yourself with my happiness scale below.

The HAPPINESS SCALE ☺☺

When you’re watching a bee looking for pollen they don’t choose from the first flower they see. Instead they examine many before deciding whether to delve in and collect the pollen. It’s like that with our lives. We examine all the different areas and then decide what we need to explore to bring us happiness.

Here’s an exercise where you can rate your level of happiness in each area of your life, ten being the highest and one the lowest. The column headed ‘others’ could be spiritual or community, the ‘project’ column may be a big goal, i.e. saving for a holiday. These two areas are optional.

It's imperative you tap into your heart instead of your head for this exercise. Your heart creates the magic in your life (makes you happy) then your head has to create HOW you can make it happen. Often this works in reverse. Do this exercise with the pen in your opposite hand, using the FIRST answer that comes into your head.

Yourself	Health	Relationships	Work	Finances	Others	Project
10	10	10	10	10	10	10
9	9	9	9	9	9	9
8	8	8	8	8	8	8
7	7	7	7	7	7	7
6	6	6	6	6	6	6
5	5	5	5	5	5	5
4	4	4	4	4	4	4
3	3	3	3	3	3	3
2	2	2	2	2	2	2
1	1	1	1	1	1	1

The areas where you've rated yourself the highest marks are the area you've had the most successes. The areas with the lower marks are where you need to focus your goals. The successful areas make you feel like a winner - and you are! The other areas might make you feel like you're a loser - which you're not; you just haven't achieved your goals in that part of your life YET! You have free will so you can do it, if you choose.

When you are working towards creating any new goal in your life you need to be thinking positive thoughts so you are highly motivated to succeed.

Attitude - What is it?

Attitude has been named as one of the attributes that create a persons success. *Wikipedia defines it as: Attitudes are judgments and they are either positive or negative views of a person, place or thing.*

Charles Swindol wrote this poem and it further defines Attitude. It is one of the top search terms in Google and has been read by millions of people worldwide.

Attitude

***Attitude** is more important than facts.*

*It is more important than the past, than education than money,
than circumstances, than failures, than success,
than what other people think or say or do.*

It is more important than appearance, giftedness or skill.

It will make or break a company...a home... a relationship.

*The remarkable thing is we have a choice, every day regarding
the **attitude** we will embrace for the day.*

We cannot change our past.

*We cannot change the fact that other people will
act in a certain way. We cannot change the inevitable.*

*The only thing we can do is play on the one string we have,
and that is our **attitude**.*

*I am convinced that life is 10% what happens to me
and 90 % how I react to it. - Charles Swindol*

The poem defines Attitude as, not **what happens to you** but **what you DO about it**. Attitude is 10% what happens to you and 90% the thoughts and ongoing actions you take.

What is Happiness?

Happiness is having what you want in your life! That includes health, wealth, harmony, longevity, love, friends and much more. The key is to make sure your daily actions and goals are in line with your dream life.

Let's skip into your dream life by using your imagination to create it:

Let's start with your ideal personal dream life. Is there a certain hairstyle, clothes, accessories, jewelry, shoes or fitness you wish to have? What is your dream hobby or interests you would like to include in your life? Maybe its golf, sailing, tramping, knitting or cooking. Are you living with the partner of your dreams? Is your relationship with family and friends going where you want? What is your dream job/career/business? Are you including those into your life? Are you earning the desired money, saving for your holidays and retirement? Do you want to travel to a specific destination and have you got this written on your goals sheet? Are you living in your dream home and have you got the car you want to drive? How on track are you to creating your dream life? (LATER TAKE A PIECE OF PAPER...AND WRITE DOWN YOUR IDEAS)

Once you have designed your dream life in your mind, the next step is to create your goals which aim towards making your dream life eventuate.

There is a minority of people in the world like Paris Hilton who get handed a silver spoon in their mouth but even in such situations, happiness and success is not guaranteed.

Many celebrities' children are unhappy in relationships, addicted to drugs or alcohol which is often due to the lack of something else in their life, such as love, self esteem or direction.

Everyone's purpose in life is to learn how to become themselves. Money can't bring happiness, although it does help with living expenses and making some dreams come true. There is much more to life than money if you are willing to learn and choose the right path.

There are millions of achievers in the world and life did not just hand them their success. Each one had to learn what to do, how to overcome challenges and set about creating their success. Their point of difference between success and failure was that they **all had PMA – a positive mental attitude.**

Jackie Chan, the famous actor from Hong Kong was born to poor parents who had to borrow money just for his birth. At a young age his father taught him Kung Fu and he later joined an acting academy when his parents went overseas. He had his first acting job at just 8 years old and had many challenges to overcome before he became the success he is today. He succeeded with PMA and determination to achieve.

Many successful people have rags to riches stories.

Have you ever wondered?

- How many games of golf did Tiger Woods play to become the world's best?
- How many songs did The Beatles play before they made a hit song?

We will never know, but I can guarantee they had lots of practice prior to their success. I'm also 100% certain they had a positive mental attitude and determination to continue working towards their dreams.

Negative or Positive - How do you see the world?

Your attitude will determine your future. It sounds simple, but it is harder than you think. Developing and maintaining a positive mental attitude is learning how to control your thoughts.

If you let your mind wander without any exercise it will be full of unhealthy thoughts. Think of your mind like your body, if you always eat what you crave and never exercise, your body will not be in its ideal condition. If you want to be physically fit and healthy then you need to eat good food and do some training, without that control you can become overweight and unhealthy. It is essentially the same with your mind. Without any positive input and control it will feed you negative and therefore unhealthy thoughts.

The media through television, print and the internet portrays the constant negativity throughout the world every day, so it is easy to ‘tune in’ to that type of thinking. With the downturn in the economy, job and money loss and squabbling politicians, sometimes it is tricky to turn your thinking to a position which is helpful rather than destructive.

A Positive Attitude – why is it so important?

With over 60,000 thoughts a day, there are many opportunities for some of your thoughts to spiral into the negative realm. When this happens you feel like you are failing, so you need to learn how stop them and refocus on the positive and successful thoughts. Here are some methods below.

Your Personal Learning Style

There are three predominant learning styles using different methods that are primarily effective for different people. You will know which one is the most valuable to you by discovering the one you most enjoy and then utilizing it in your everyday life.

Communication and learning are closely related. We receive information through our five senses, which is then processed by our brain.

Your personal learning style depends on the way you use your brain and body in receiving and expressing information. The three main forms of communication and learning are:

- **Visual** - Seeing pictures in your mind. Likes images, uses body language and expressions like ‘I see that’, enjoys reading.
- **Auditory** - Listening and talking. Likes lectures, audio, podcasts and You Tube. Enjoys talking and listening to music, learns by rehearsing aloud.
- **Kinesthetic** - Moving and doing. Learning by writing, acting and gestures, use ‘touch words, enjoys working things out while moving.

You use all three but are dominant in just one, and this is the style you most enjoy. When you identify your own style, you can use that as your main method of learning and improve your other approaches to help you learn at your best.

Your Learning Choices

1. Written Word

For centuries there have been millions of poems, quotes and positive books written. If reading is how you like to learn, you can copy earlier achievers and start to change your thinking from negative to positive by reading something positive. You could also enroll for my weekly motivational quotes from my home website www.attitudespecialist.co.nz

2. Listening or Watching

If you don't like to learn by reading you could listen to audio tapes, CD's, podcasts, DVD's or You Tube videos.

It may be the very same information but presented in a format that appeals to you and your learning style.

Watch my video tips on www.attitudetrainingforyou.com or visit You Tube for my many videos.

3. Social Media

In today's world of social media you can also find positive ideas on Facebook, Twitter, You Tube and the myriad of other online services and forums. You can

watch my all videos on www.youtube.com/janicemaydavies

or follow me on Facebook www.facebook.com/attitudespecialist

or Twitter www.twitter.com/AttitudeTrainer

Changing Your Thoughts

When you want to change your thoughts you need to re-educate your brain. If you allow it, your mind will continuously rotate thoughts of failure, fear or negativity. Since 95% of your thoughts are constantly repeating and your mind can only think one thought, it is best to focus on something positive.

3 methods for changing:

1. Affirmations - positive statements about what you want to achieve
2. Success journals -recording your achievements
3. Goals - treasure maps or written goals

Overcome Fear

Successful people are constantly overcoming challenges and moving forward in their lives. People who fail get caught up and stuck in their lives; caught up with their fears. FEAR stands for False Evidence Appearing Real, which means thoughts focus on all the things that *might* go wrong so can stop you moving ahead in life because some fears *might* come true.

If we had succumbed to these kinds of thoughts we may have never learnt to drive a car or start swimming for fear of *maybe* having an accident. It is important to realize that most of these thoughts are unfounded fears as there are measures that can be taken to ensure or decrease the possibility of failure, such as:

- driving in a safe car
- driving at a safe speed
- taking swimming lessons
- swimming at a safe beach with surf lifeguards.

When you think of what could go wrong, your thoughts and fears are stopping you from enjoying life.

By learning to control your thoughts you think of the achievable rather than the unachievable. Keep your mind busy with positive thoughts and discover the solutions to overcome your challenges, so gradually you learn to overcome your fears.

If you want to succeed, you need to start thinking like winners and achievers.

Here are three questions for you:

1. What are your life dreams and what do they involve?
2. Do you want to achieve them?
3. What is holding you back?

Becoming Yourself

Your goal in life is to become who you want to be by creating yourself.

Consequently for you to be fulfilled, successful and happy you have to decide what action you must take to achieve your goals.

Some people are positive and optimistic; they laugh and view the glass as half full and not half empty. They are determined to succeed and generally do.

For many people life is not quite that easy. If you think of someone famous, whether it be a movie star, singer, sportsperson or politician, they all have one thing in common, and that's their positive mental attitude.

Attitude is a little thing that makes a big difference. ~

Winston Churchill

Your Thoughts and Feelings and Actions

If you think logically your thoughts are not necessarily ‘who you are’.

- Your thoughts are just your thoughts!
- Your feelings are just your feelings!
- Your actions are just your actions!

They are all separate identities of yourself but combined they make up your mind, soul and body. If they are working together to create your happiness and success, you will be aligned and focused. If your mind, body and soul are not aligned you will be unhappy and lacking focus on your future and goals. In fact you are likely to be living life like a three legged stool, each part of you heading in a separate direction. Either way the results in your life are a reflection of your state of mind.

Here is an example: If you are working in an industry that you hate but you are doing it to impress or because of your parents, then your feelings, thoughts and actions are misaligned. Essentially you have sacrificed your own happiness to keep someone else happy. If however you’re passionate about educating people and you become a teacher then your thoughts and actions *are* aligned and you will be much more content with your life and work.

Your Personal Guides

1 Your *feelings* are your inner guide or compass which enable you to experience happiness or misery. If it is happiness you want then you must be doing things in your life that will facilitate those feelings.

2 Your *thoughts* interpret your feelings and decide what they mean to you. If they are miserable then you need to change ‘what you are doing’. If you really want happiness your feelings and thoughts need to be aligned to a positive concept that makes you feel good.

3 With your inner guide and your thinking aligned you can now make a decision about which direction you will take in life; which one will bring you happiness and success.

There is a famous quote:

If you don't know where you are going....any road will take you there.

Life is like that if you're lacking goals or direction.

If people are unhappy, generally it is because they are not living their dreams. They are following someone else's dreams or haven't the courage to overcome their fears and negative thoughts.

Your Six Life Areas

When you are seeking a happy life, you need to discover ‘what’ makes you happy in a variety of different areas. There are six main areas to focus on and you need to set goals in each one. If you concentrate on just a single area at a time you can lose balance in the rest of your life, which is easy to do. There may be times when you need to choose which areas you will ‘focus on’ now, and which areas you ‘leave out’ until you have more time. Here’s an example: When concentrating on study or work you may have to spend less time on relationships until your work or study is no longer under pressure.

You need to ‘balance’ your life; you will be the most happiest when all six areas of your life are stable and making you happy. Let us look at the areas and ideas you need to include.

Personal

- Hobbies and interests
- Wearing clothes you like
- Listening to your favorite music

Health

- Being fit and regularly enjoying exercising
- Reaching your ideal weight
- Eating food you enjoy with healthy drinking habits

Relationships

- Friendly positive relationships
- Regular communication with positive people
- Supportive relationships with friends and family

Work/Career/Business

- Working in a career/job you enjoy
- Earning a satisfactory wage/salary
- Spending work hours in a supportive environment

Wealth/Finances

- Earning enough money to cover your living expenses
- Saving for your holiday or towards a goal
- Investing or saving for retirement

Community

- Helping other people or causes
- Recycling resources
- Contributing towards volunteer activities

These are just a few ideas but there are thousands to motivate a positive attitude. When you are seeking happiness you need to make constant changes to create the life you truly desire.

Determine where you are @ in life

My Logo at the beginning of this eBook is based on the @ sign you see on any keyboard. I see a similarity between that symbol and life. You can stay @ one place in your life; never learning new skills, circulating in one place, repeating the same mistakes, ‘stuck’ in a rut, OR you can learn new skills and move forwards and upwards in your life.

When you learn a skill, you integrate that skill into your everyday living. You then remain at that point for as long as you choose. You may get stuck again, zig zag, or progress up or down in life OR you can learn another new skill.

By learning the next skill needed for your success, you are mastering another challenge and moving onwards and upwards again. With each challenge you overcome, you achieve success and gain momentum in your quest to be ‘who’ you want to be as the master of your life!

I view life and our ups and downs like this.

Happiness is an attitude.

We either make ourselves miserable, or happy and strong.

The amount of work is the same. ~Francesca Reigler

Making Choices

When you are organising your thoughts through the decision making process you have to decide whether it's a negative or positive direction in which you will head. You also have to decide from the many different possibilities and choices available to you. You may have four options, for example: Option A, B, C and D to choose from.

Let's look at an example. This is based on @ symbolising a place or level of feeling, thinking and action at a certain point in your life.

You arrive at work feeling happy with positive thoughts.

1. A negative person or experience occurs.
2. Suddenly you are thinking negative thoughts.
3. Your feelings of happiness have disappeared.

This is important because now you have two choices.

Choice A - You remain feeling negative for the rest of the day. This experience may continue the following day or even longer, you are stuck in life with a negative frame of mind.

Choice B – You chose to change your thinking and attitude, search for solutions to improve the negative experience and revert back to your positive and happy state of living.

Here is another example based on four different phases and stages in your work life regarding decisions towards negative or positive thinking.

Stage @1

You have a job you hate (negative)

You receive a good salary (positive)

You decide to find a job you enjoy (positive)

Stage @2

You are accepted for a job you love (positive)

It has a lower salary (negative)

You work hard and get promoted (positive)

Stage @3

You are made redundant and lose your job (negative)

You spend months looking for new job (negative)

You get a great new job with a bigger company and more money (positive)

Stage @4

After a few years your new company moves off shore (negative)

You have to make a decision:

Choice A: You move overseas with the company.

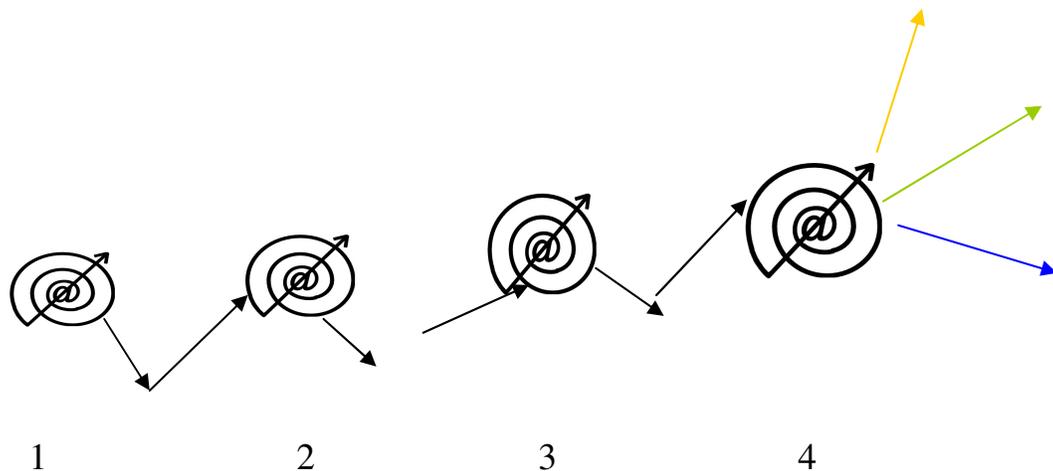
Choice B: You don't move overseas but have no job.

You decide Choice B and have another three choices:

Look for another job,

Start your own business,

Stay unemployed.



Orange – Change your career and follow another dream job. You have a positive attitude and you decide to follow your dreams. This will make you the happiest.

Green– You find another job. You are half positive and half negative, stuck in fear and seeking safety. This will have you living a mediocre life.

Blue- You receive government assistance to pay for your living expenses, you remain unhappy finding a lower paid job. You have a negative attitude, are stuck in fear and will be discontent.

This example shows the differences in thinking and how attitude determines your future and level of happiness. If you want to create your dreams you need to think positive and make decisions that are aligned with your life dreams, values and goals.

Deciding what you want

The next question you need to ask yourself is:

What do I want more of? (put a tick in the box for each one)

- Happiness
- Success
- Love
- Fun
- Money
- Time

If you ticked any of these boxes then just like successful winners and achievers, you need a positive attitude, and even then there is still no guarantee to your happiness. The only way you can be certain is to further align yourself to what you want in your life.

Values or Life Rules

Before you set yourself goals you need to ensure they align to your thoughts and feelings so they feel ‘right’ for you. Another phrase for these is values or ‘life rules’. Here is an example: Many people want more money, an attainable concept if they were willing to steal or rob a bank. Most people however would not even consider this notion so their values or life rules would be integrity and honesty.

3 Tips for discovering your values

1. What is the most important ‘aspect’ of an area of your life?
E.g.: Work, you want to help people, so your value is *helping*
2. Or a personal aspect:
E.g.: Wanting to help preserve the planet, you ride a bike or catch the bus; your value is *environmentally* related
3. Think why you would not do something:
E.g.: Wanting more money but not willing to be away from family, your value is *family*

When you make choices you will feel more positive about them if they have been aligned them to your life rules. With the examples above you could:

- find any job that helps other people
- work from home
- find work close to home

These would be aligned to your values or life rules so you are more committed from the beginning, to both your goal and your positive thinking.

Goal Setting

Some people set goals by writing lists while others find that technique doesn't work for them. The reason being that different personalities have different methods that suit their goal setting.

- Left brained people like making lists and ticking off goals
- Right brained people like treasure maps (pictures of your goals)

Which ever method you choose for setting goals you can refer back to the Happiness exercise you completed to decide which areas of your life you need to focus on to create the happiness you desire.

3 Goal Tips

1. Spring clean your life – analyze what you don't want.
2. Be your own driver and travel down your road in life.
3. Set a goal that makes you feel excited.

The Attitude Equation

Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants over 100%. How about achieving 103%? Here's a little math that might prove helpful.

If:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then:

H A R D W O R K

8 1 18 4 23 15 18 11 = **98%**

K N O W L E D G E

11 14 15 23 12 5 4 7 5 = **96%**

But

A T T I T U D E

1 20 20 9 20 21 4 5 = **100%.**

So focus and solution orientated thinking, is about creating your success.

Success Qualities

What are the similarities between these people?

- Eminem
- José Manuel Barroso
- Angelina Jolie
- Paris Hilton
- Anna Kournikova
- Maria Sharapova
- Natalia Vodianova
- Nicole Kidman

You may have decided they are all celebrities, but they are also connected by the positive attitude they maintained to achieve their status. I read that before Jim Carey was a celebrity he would sit atop a Hollywood hill and raise his hand to the stars calling out positive affirmations about the types of film roles and money he wanted to earn. He would certainly need a positive attitude to do that! I am sure he is pleased that his hard work paid off as he is now that movie star earning huge money.

*Insanity is doing the same thing over and over again
and expecting different results. Albert Einstein*

Creating Your Dream Life

Your past has created who you are today, based on the decisions you've made both good and not so good. You've learnt from these and beaten some challenges to reach your current stage in life.

You've probably had some failures and some successes. That's okay, that's what life is about, as they have created stepping stones towards your future. The key now to your upcoming success is to release your past and move on forward.

You've had experiences which I call 'critical turning points' in your life. This is where you have had a 'situation' that becomes a turning point for major decisions about your future.

If you've had a health scare, it may be that you've needed to change some things such as adjusting your diet or exercising regularly. It's the same with your attitude, summed up in Einstein's quote which states 'A problem cannot be solved with the same level of thinking'. You need new information, ideas, solutions and to make some changes, without these it is insanity to think you can attain different results.

Here are three valid reasons for changing your thoughts and living with a positive attitude.

- 1 Positive thinking is infectious this is why you should spend time with positive people.

- 2 Research shows that people live longer if they are positive, laugh, help others and enjoy life more. Endorphins are emitted into your body resulting in a natural 'feel good' effect.
- 3 People around you pick up on your mental moods and energy. If you think about happiness, good health and success, people are attracted to you easier and may want to help. They enjoy the vibrations that a positive mind emits.

Your next step is one thought at a time, putting your plan into action.

It is about working through these three steps and learning stages to success.

Step one – impossible.

Step two – possible.

Step three – doing it!

On my journey I discovered that having a positive attitude was easier said than done, I had to learn new techniques. Your key to your success is learning the skill to think positive and align your feelings, thoughts and actions to your dream life. As Nike says: **Just do it!**

14 Tips to Thinking Positive

1. Choose to be happy and think positive
2. Learn to BE yourself and accept others
3. Learn to align your values and goals
4. Give and receive friendship and create relationships
5. Boost your self esteem and have confidence in yourself
6. Live with gratitude and enthusiasm
7. Enjoy life, smile and laugh more
8. Overcome your challenges quicker
9. Look at the bright side of life
10. Mix with positive, happy people
11. Read positive quotes, stories and tips
12. Use affirmations and visualizations
13. Recall your past successes
14. Constantly educate yourself.

There'll never be a better moment to include these tips into your life. You will immediately start to feel and live more positively. Years ago when I was learning the power of positive thinking, millions of others around the world had already mastered this skill. In the poem *Desiderata* there is a line about comparing yourself with others and the senselessness of doing so.

Your goal is to become yourself, so be true to yourself. You are a unique person with your own journey so what better time to move forward than right now. This is the perfect moment for you. Your life is a journey you undertake with

your inner compass as your guide. The world is waiting for you!

Success comes in CANS' not CANNOTS!

Additional Programs

Take action and create a life better than the one you have now. Join Oprah Winfrey, J.K. Rowling, Robert Kiyosaki and Walt Disney and embrace the ONE common denominator that made them into multi millionaires or even billionaires with our Attitude Training Programme.

You will benefit from my 20 years of learning strategies, hours of reading, dissecting ideas, learning and collating information and discovering systems suitable for all different learning styles. In an easily read format with strategies to help you overcome your challenges, you too can create your dream life.

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**ABOUT
JANICE DAVIES – THE LADY WITH NICE IN HER NAME
ATTITUDE SPECIALIST**

Janice works by motivationally inspiring people's thinking and attitudes to spring load their success. She's an expert she says, because she had to do it for herself.

Her greatest journey, after many stumbles along the way was discovering her real self, re-aligning her dreams, then spending years to create them.

She calls herself the Attitude Specialist and educates people about empowerment. She presents at conferences and in-house training with her keynote presentations and workshops where she works with corporates, groups and individuals steering them towards success.

Janice is the founder of Self Day - the International Self Esteem day which is an annual awareness day each June.

Janice is a participant in the Your Guide to True Happiness DVD with 8 other experts sharing her ideas on self esteem.

A motivational Conference Speaker, Janice guarantees you will learn something innovative and leave with a new outlook on life.

A lady with big goals, Janice would like to make a movie and appear on the Oprah show, sharing Self Day with the world.



Best Wishes

Janice Davies – the lady with nice in her name

Attitude Specialist * Founder of SelfDay

Email Janice@attitudespecialist.co.nz