

Welcome!

**Maintaining a Positive
Attitude**

**Presented by
Rick Lynch**

Where Attitude Comes From

- 1. Your attitude is the product of your beliefs.**
- 2. Your beliefs control what you think and do.**
- 3. What you think or do affects your feelings.**
- 4. Your feelings affect your beliefs.**

Three Roadblocks

- 1. Our own beliefs about ourselves and the world (our self-image.)**
- 2. Making mistakes and encountering setbacks.**
- 3. Attacks from others.**

Self-Image Components

- 1. A sense of present self**
- 2. A world view**
- 3. A sense of future self**

Self-Image Development

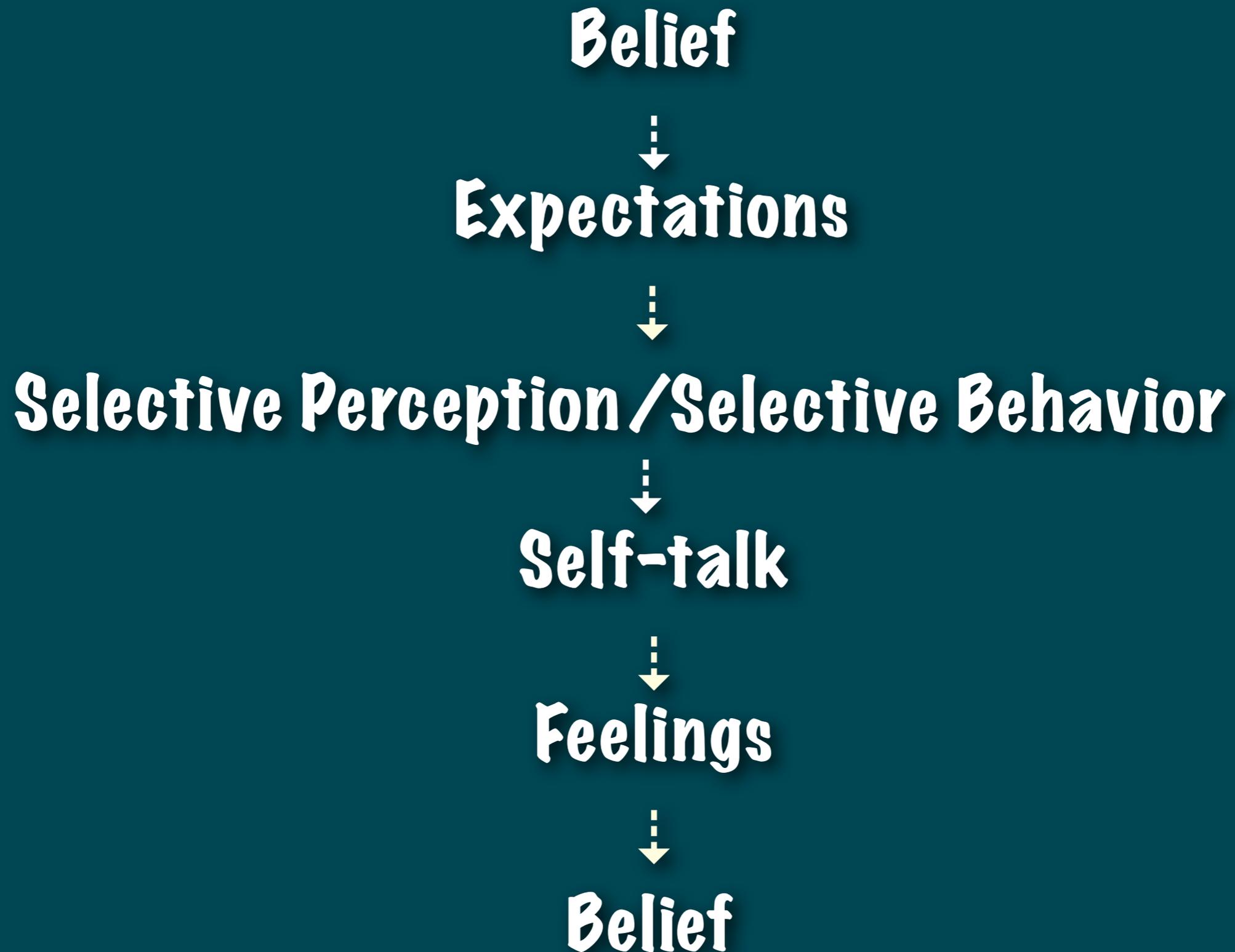
0-3 Imprinting

4-10 Modeling

11-18 Socialization

Significant Emotional Events

Reinforcing Beliefs



Rules for Affirmations

1. They are present tense.

1. I am . . .
2. I always . . .
3. I can . . .
4. I'm the kind . . .

Rules for Affirmations

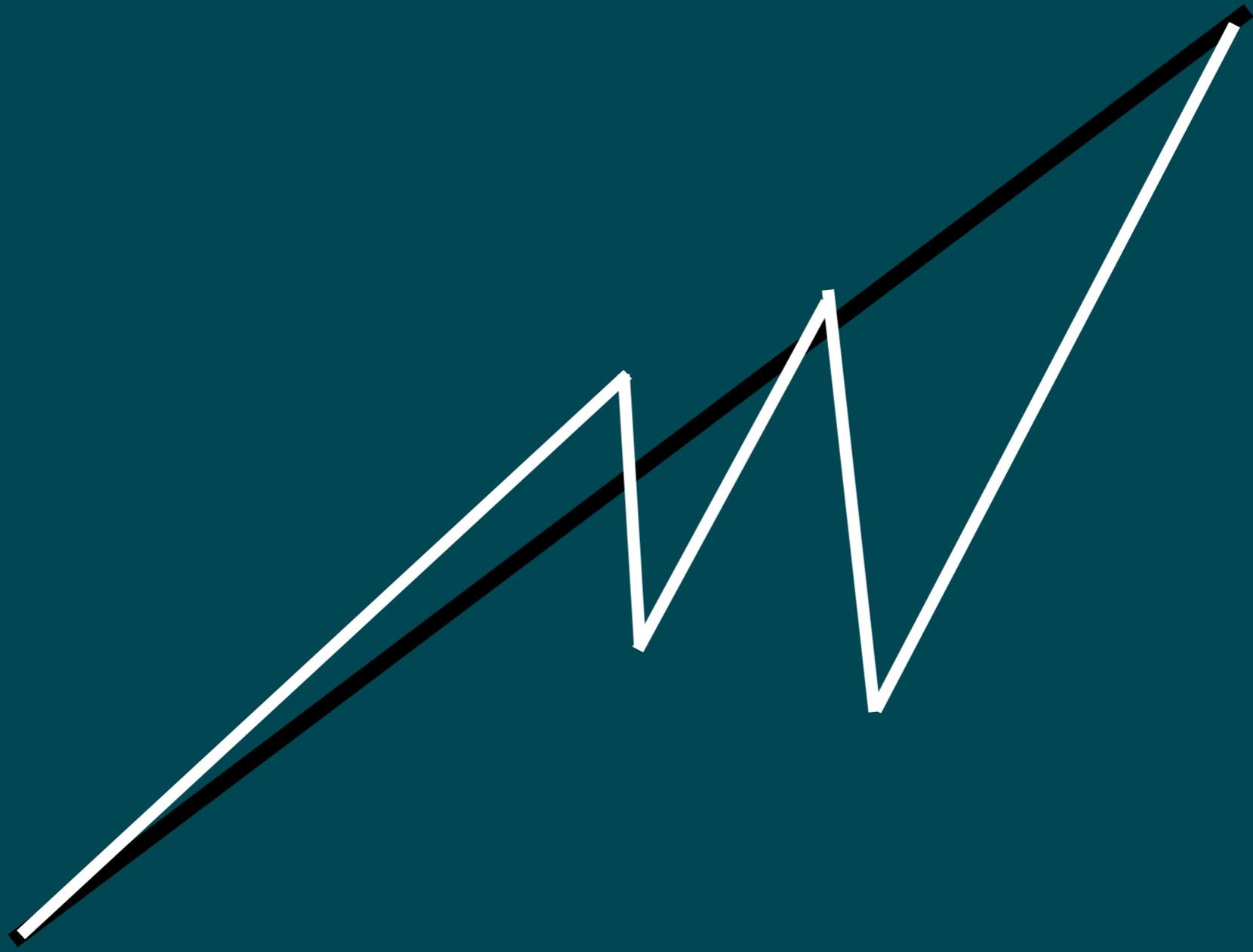
- 1. They are present tense.**
- 2. They are stated in positive terms.**
- 3. They are specific.**
- 4. They focus on the end result or quality rather than the method of achieving it.**
- 5. They are expressed in dramatic, emotional terms.**
- 6. They are stated in simple, unambiguous terms.**

Visualization

- 1. Breaking habits**
- 2. Support for affirmations**
- 3. Rehearsal for success**
- 4. Enhancing skill**
- 5. Internal motivation**
- 6. Goal attainment**
- 7. Erasing painful experiences**
- 8. Moving the comfort zone**

**You become what you
practice.**

Mistakes and Setbacks



**Focus on What You Can
Control**

Empowering Questions

- 1. The word “why” followed by a negative condition produces only negative answers.**
- 2. To ask better questions, begin with the words “What can I do” or “How can I” and follow them with a positive condition.**

Warranty

206-547-1269

RickLynchTraining@GMail.com

**Authentic Happiness: Martin
Seligman**

Control Theory: William Glasser

**Awaken the Giant Within: Anthony
Robbins**