Your Attitude and You

Do you take a positive attitude toward yourself and have a positive attitude on the job?

1. Are you willing to **LEARN**? - Knowledge is important for growth.
2. Do you do your **BEST** on the job? - Take pride in your work.
3. Do you demonstrate **ENTHUSIASM?** - Enthusiasm fuels progress.
4. Are you willing to **GROW? -** Growth is an important step towards success.
5. Do you welcome **CHANGES? -** Change can lead to opportunity.
6. Do you cultivate a **SENSE OF HUMOR?** - Humor can help relieve stress.
7. Are you **DEPENDABLE?** - Dependability is the key to success on the job.
8. Are you **CONSIDERATE** of others? - This includes the time of others.

Easy ways to develop a positive attitude:

1. Surround yourself with **OPTIMISTIC AND SUPPORTIVE** people - Attiudes are contagious.
2. Be **POLITE -** Your demeanor speaks volumes.
3. Be **HELPFUL** - It makes you feel good to see someone smile.
4. Be **PATIENT** - You never know what other people are dealing with.
5. **BELIEVE** in yourself - Others are watching and waiting to applaud you.
6. Set **GOALS** for yourself - If you don't know where you're headed, you'll never get there.
7. **MINIMIZE EXPOSURE** to negative influences - You are what you surround yourself with.
8. Take **PRIDE** in yourself - If you feel good about yourself, others will feel good about you.

And don't forget to pat yourself on the back. Finding a job is hard work. Lao Tzu says, "The journey of a thousand miles begins with one step."