

Change Your Attitude

Based on the work of Wally Amos

1. Let go of yesterday – embrace the present
2. Use a positive perspective
3. Focus on solutions, results, and service
4. Embrace new experiences
5. Shed negative beliefs
6. Persevere!
7. Practice forgiveness and living in gratitude
8. Choose happiness over anger and sulking
9. Avoid poor me attitude or pity parties
10. Admit you were wrong

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