

ALL ABOUT ATTITUDE **APRIL**

SUN	MON	TUE	WED	THU	FRI	SAT
			# <input type="checkbox"/> 1 <i>International Fun at Work Day</i>	# <input type="checkbox"/> 2	# <input type="checkbox"/> 3	# <input type="checkbox"/> 4
# <input type="checkbox"/> 5	# <input type="checkbox"/> 6	# <input type="checkbox"/> 7	# <input type="checkbox"/> 8	# <input type="checkbox"/> 9	# <input type="checkbox"/> 10	# <input type="checkbox"/> 11
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Attitude is everything, and attitudes are contagious! Don't catch a bad attitude from someone and don't spread a bad attitude to others! Here are 10 ways to keep your attitude in check. **How many are you able to do this month?**

- 1. Make a Top 10 list of all the things you like about yourself
- 2. Call a friend or family member and tell them why you love them
- 3. List 3 good things that came from a not-so-good situation
- 4. Keep a gratitude journal for one week
- 5. Just say no to office gossip
- 6. Read an inspiring book
- 7. Develop a personal mantra
- 8. Eliminate "can't," "won't," and "don't" from your vocabulary for one day
- 9. Look in the mirror once a day and say, "Wow, you are amazing!"
- 10. Ask someone (or your EAP!) for help -- no seriously, call us! **(800) 327-4692**



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