

YOUR ATTITUDE GAME PLAN

To start on your Positive Attitude you will need an Action Plan. The challenge is to commit to YOUR path to attitude fulfillment starting this minute.

1. Positive Attitude begins with YOU

- What am I best at?

- What are three areas that I'm committed to improve on?

- What actions am I going to take to make the change?

Area to Improve: _____

ACTION: _____

Area to Improve: _____

ACTION: _____

Area to Improve: _____

ACTION: _____

2. What's the one thing I am going to do today — as soon as I finish this Game Plan?

ATTITUDE SELF-COMMITMENT

I have discovered the following AHA!s about my attitude:

1. _____
2. _____
3. _____

Today, I commit to taking these three actions to improve my Positive Attitude:

1. _____
2. _____
3. _____

Signed

Date

Now it is up to YOU!

OPTION: Place your commitment page in a self-addressed stamped envelope and have a friend or coworker drop it in the mail. You will receive your commitment page on a random date as reminder of your commitment to yourself