



# ATTITUDE IS KEY

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Checklist

## CHECKLIST

- **Attitude and Emotion**

- ☐ Your emotions affect your attitude
- ☐ Learn to control your emotions
- ☐ Emotional control leads to better attitude
- ☐ Attitude also affects behavior
- ☐ Better rationalization
- ☐ Better thought control
- ☐ Better emotional control
- ☐ How can I control my emotions today?
- ☐ What negative emotions do I need to get rid of?

- **Positive Mental Attitude**

- ☐ Thoughts turn into action
- ☐ Positive thoughts can turn into positive actions
- ☐ Developing positive attitude is one of the best things you can do
- ☐ How can I think positively today?
- ☐ Three ways I can be more positive
- ☐ What area of my life am I the most negative?
- ☐ Keeping positive attitude
- ☐ Gaining positivity is just as important as keeping it
- ☐ When you are positive, you can do anything
- ☐ Try to gain positivity starting today

- **Self Talk and How It Affects attitude**

- ☐ You mind controls you
- ☐ The way you talk to yourself shapes who you are
- ☐ Kindness and love inside your mind
- ☐ Talk to yourself better than you talk to others
- ☐ When you talk to yourself well, it changes the mind
- ☐ Negative wellbeing into positive
- ☐ Have a good narrative about yourself
- ☐ Make a good internal narrative
- ☐ Stop bad talk immediately

- Internal talk reveals who you are
- How do you think about yourself?  
How do you talk to yourself?
- Why is this important?
- Concentrate on the present
- Don't talk about failures
- Understand your inner monologue
- What makes you think about yourself that way?
- Increases self confidence
- Fosters optimism to the world around you
- Builds up mental strength
- Explores your self potential

- **Mindfulness and Meditation**

- Complete guide on how to meditate
- Calm the mind
- Be present in the moment
- Be open and aware
- No mind wandering
- Be mindful even in difficult situations
- Training of attention
- Cultivate mindfulness
- Pick a perfect time to meditate
- Stick with the same time
- Choose the best spot
- Meditate in ideal locations
- Limit distractions
- Sit comfortably
- Get accessories if you need to
- Consider mindful eating
- Try walking and meditating at the same time
- Pay attention to hunger cues
- How do you feel in this moment?

- **Gratitude and Appreciation**

- ☐ Thankfulness for what is given to you
- ☐ Being content with people and things
- ☐ Thankful for bad situations that have been removed
- ☐ Count your blessings
- ☐ Enjoyment
- ☐ Recognition
- ☐ Completely understanding value and worth
- ☐ Express gratitude and appreciation to everyone in your life
- ☐ Why are you successful?
- ☐ Both great ways to show thankfulness
- ☐ Gratitude is something you feel
- ☐ Appreciation is something you extend

- **Overcoming Negativity**

- ☐ Getting rid of negative thoughts is one of the best things you can do
- ☐ Always find ways to be grateful
- ☐ Write down your feelings
- ☐ Why are you feeling that way?
- ☐ Find a way to serve others
- ☐ Talk over your feelings with others
- ☐ Exercise more to get negative emotions out
- ☐ Replace the negativity in your surroundings

- **Fostering A Growth Mindset**

- ☐ See where you are now
- ☐ Why do you want to have a growth mindset?
- ☐ Find others in your life who have made a growth mindset
- ☐ What is your perspective on failure?
- ☐ Know your limitations
- ☐ Notice how you speak and act
- ☐ See all challenges as an opportunity
- ☐ Reflect each day and see where your failures come from
- ☐ Stop seeking the approval of others

- ☐ Always celebrate the success of others
- ☐ Reward your actions when they are going the right way
- ☐ Get out of your fixed mindset
- ☐ Work everyday towards new goals

- **Practicing Mindfulness and Self-Care**

- ☐ Self care is so important
- ☐ Not everyone's self care will look the same
- ☐ Take alone time
- ☐ Find a hobby
- ☐ Do something that benefits you
- ☐ Spend each time each week focusing just on you
- ☐ Get outside
- ☐ Give yourself space to feel all emotions
- ☐ Spend less time on social media
- ☐ Have a daily routine
- ☐ Meditate often

- **Maintaining Positive Mental Attitude in Daily Life**

- ☐ Focus on how you can be more positive
- ☐ Seek the help and advice of others when needed
- ☐ Only say to yourself things you would say to others
- ☐ Say daily affirmations
- ☐ Be thankful for the small things you have in life
- ☐ Don't let negative thoughts control you
- ☐ Only speak in a positive manner
- ☐ Accept reality
- ☐ Make sure all your friends are positive
- ☐ Be a healthier you
- ☐ Don't let your emotions control you
- ☐ Make sure your home has a pleasant attitude
- ☐ Start the day strong