WK 3







**‘Your attitude towards everything, is its attitude towards you.’**

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1. **Write down your memories of a time when you had a positive attitude: when you were really motivated, and things were going well for you. Make a note of how that felt below.**

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1. **Now think of a time when you really weren’t motivated and you had a bad attitude towards work/your peers/friends/school. Make a note of how that felt below.**

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1. **Make a list of the qualities you would look for in someone with a really good attitude that you’d love to be friends with.**

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**Now, just for a day become that person, adopt a positive attitude**

**and see how good that makes you feel!**

*These worksheets are designed to take no longer than 60 seconds to complete. You will be amazed at what you can do in a minute*