

Attitude Altitude Checklist

Review your **Attitude Altitude** every day. It only takes a minute and it will help you elevate your attitude.

How's my thinking	Positive –I am looking forward to the challenges of the day. I will accomplish many things today. I will be aware of the altitude of my attitude.
I will take risks today	Ask for what I need/want Ask for the business Make decisions Make that call (s)
Change	Change will occur and I will embrace it rather than fear it.
Focus	I will keep myself on task and do what I need to do today.
Health	I will do healthy things for my mind and body.
Other people	I will embrace others, encourage others (avoid negative-whining-complaining people) and pump myself up. If I get down. I will remind myself I am a positive, motivated, action oriented person. I will remind others they are too. I will be the light. I will seek people with a high altitude attitude.
This too shall pass	If for any reason things don't go well for the moment, I will remind myself that it is only a moment. Most things pass.
Molehills	I will keep molehills, just that, molehills and work to make mountains into molehills. Whatever happens I can and will handle it. I will Find A Way.
Hard things	If something appears difficult or hard, I will remind myself I can do hard things. Often "hard" is just a matter of perception.
Extra mile	I can go the extra mile.
Humor	I will look for the humor in life and use this to keep my attitude altitude and that of others high.
Values	I will maintain my values.
Be present	I will be present/aware today. Present in my environment, with people and myself. I will remind myself to live in the moment.
Responsibility	I will accept responsibility for my actions, my part in everything. Knowing this helps me make better decisions.
Counsel	I will seek guidance and help whenever I need it.
Visualize my dream and goals	Today I will take time to think about my dreams and goals and take ACTION. I will Find A Way.