

## **Maintaining an Attitude of Gratitude**

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- ✓ When things go according to plan be grateful
- ✓ When things don't go according to plan be grateful
- ✓ Say I have an attitude of gratitude at least 3 times a day out loud
- ✓ Take responsibility for your own feelings, thoughts and actions, never other people's
- ✓ Know exactly what you want and where you are going; then detach from these outcomes and focus on processes
- ✓ Live in the now, being the best you can be, one moment at a time
- ✓ When you fail, celebrate the lesson and focus on the next moment
- ✓ Never complain or whinge, but do take a stand against misery and mediocrity
- ✓ Know your strengths and unique gifts and bring them to everything you do
- ✓ Laugh a lot, particularly at yourself
- ✓ Live your life free of judging others
- ✓ Give without attachment to getting back

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