

Creating a Winning Attitude



You get to design what a day of your life means to you. You can choose to have a great day and bring meaning to others, OR you can choose to have a bad day and steal life from those around you. It really is your choice!

Personal Study Guide

Written by Richard Flint, CSP



One minute is all it takes to start improving your life.

One minute a day to get you focused and then, off
you go towards success and happiness!

Just one minute...

Try it FREE for 21 days! www.RichardFlint.com

or call 1-800-368-8255



Starting Line:

You get to design what a day of your life means to you. You can choose to have a great day and bring meaning to others, OR you can choose to have a bad day and steal life from those around you. It really is your choice!



Joy:

The inner enthusiasm you have for life.

Happy:

Inner joy with an outer expression.

Smile:

An inner bubble of joy that explodes in your life.

Peace:

Inner contentment about where you are in your life.

Great Day:

Taking the time to strengthen your purpose.

Bad Day:

Taking your time to stare at what you feel is wrong with your life.

Attitude:

The outer demonstration of what is going on inside you.

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Not every day is going to be your "best" day ever, but every day does contain something to be joyous about.



(1) Every day you find what you go looking for.

Three Most Common Facts That Suck The "Fun" Out Of Life:

- F fear you seem to never get through
 Fear is a dark room where you can't find the light switch.
- U uncertainty that paralyzes you
 When you are paralyzed, you can lean forward, but not
 step forward.
- N negative people who don't want you to be happy
 Negative people are like having a weight around your neck,
 and you can't ever seem to come up for air.



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A day of your life is really not defined by the events of that day, but by the attitude you attach to the event.



On the worst day of your life good things are happening. The key is — what are you looking for?

What Makes For a Bad Day?

- L letting "things" take control of you
- I internal anger that owns you
- F facing a day with a "don't care" attitude
- E emotions that take you down a negative trail





L()(FY: A bad day is one filled with anger toward life.



Having bad days can become not only a lifestyle, but a way of justifying your bad behavior!

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What Makes For a Good Day?

- L living with a defined purpose for your day
- I investing in bringing value to the people you touch
- F finding and living with a sense of balance
- E expecting good things to happen



Having good days leaves you looking forward to tomorrow.



You don't give up on life; you give up on you believing you can have a great life.



When you start expecting less for your life, you get less.



Life is not always filled with good things, nor is it always filled with bad things. The key is — which one do you spend more time investing in?

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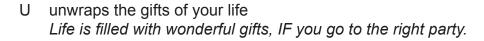
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Why Is Having The Right Attitude So Important?

- A allows you to experience the good in your life Good makes you feel better.
- T tackles life with an "I can" spirit

 When life is about what you "can" do, you soon forget about what you "can't" do.
- T takes you forward, not in circles

 Going forward is about having the time to not only plant the roses, but smell the roses.
- I infuses your life with positive energy Positive energy refreshes and refuels your life.
- T today has more meaning than yesterday "Now" is the most important time you have.





- D doubts are smothered with positive energy A positive attitude comes with positive energy.
- E energizes you

 The right attitude makes you giggle all day long.





KEY THOUGHT

The right attitude keeps you searching for your MORE in life. Where there is MORE for your life, there is a future filled with opportunity.





Key #1: Always believe in yourself.

What you believe about you is what you demonstrate through your behavior!

- L learn what makes you unique
- I invest in your talents
- F failure becomes your seed for success
- E enter every day with a winning attitude

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Key #2: Take a "Yes I Can" Mindset.

When you really believe in yourself, you trust in your ability to find the "More" for your life.

- L live everyday searching for the improvement
- I insist on completing what you start
- F find the path forward and taking it
- E enter every day with a winning attitude

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Key #3: Take your life at a manageable pace; don't make it a race.

It's not about how fast you can run; it is about your stamina to complete what you start.

- L learn the power of slowing down
- I involve others you respect to be part of your journey
- F face your fear and don't let it own you
- E enter every day with a winning attitude

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Key #4: Invest in continuing to get to know yourself.

When you stop getting to know yourself, you are stuck in the circle of sameness. You will never know all there is to know about you.

- L listen to what your life is saying to you
- I invest in continual personal growth, but know when to pause and reflect
- F find the adventure that awaits you
- E enter every day with a winning attitude

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Key #5: Treat yourself with respect and expect others to do the same.

Treating yourself with respect creates the confidence that comes from believing and trusting in you.

- L love yourself
- I invite the right people to walk with you
- F forgive yourself
- E enter every day with a winning attitude

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Key #6: Unleash your personal power.

There is always MORE for you to obtain. When you find your MORE, you are free to soar.

- L live searching, not just accepting
- I invest in strengthening your mind
- F face your fears
- E enter every day with a winning attitude

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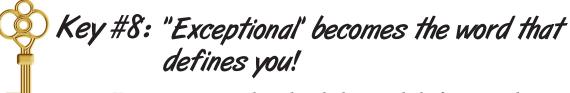
Key #7: Don't keep others in your life who want to control or own you.

This is your life to design and to live! Don't forget that.

- L live from the inside out, not outside in
- I insist on being the original you are
- F face others with a "want" not "need" attitude
- E enter every day with a winning attitude

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You are an original, and with that one belief, you can have that presence that is present when you are not present!

- L listen to your positive spirit
- I invest in strengthening your mental sharpness
- F find the niche' God gave you
- E enter every day with a winning attitude

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Having The Winner's Edge: Affirmations To Strengthen Your Winning Attitude

Winner's Edge #1

I will strive everyday to seek personal improvement. I will not settle for less than I can be!

Winner's Edge #2

I will believe in me, because I know there is MORE for me to discover.

Winner's Edge #3

I will see failure as simply fertilizer for success.

Winner's Edge #4

I will not be less than I am capable of being; I have talents, and I will develop them.

Winner's Edge #5

This is my life to live, to design, to become the exceptional person I am. I am an original!!!

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WINNER'S CIRCLE



You were not born by accident; you are not here on this earth without a purpose; your yesterdays may not have been the best, BUT your today is where the exceptional you is born.

Look fear in the face and don't allow it to make you a hostage.

Always remember, you are either a hostage to your yesterday or a pioneer for your future. Which will you choose as the design for your life? Winners are people who make the choice to be exceptional, rather than blending into the crowd of average people who have settled for "what is!"

There is MORE for you!! Find it!!!

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