

CHOOSE YOUR ATTITUDE

3 Step process for work and life success



Plus a
back-up
plan!

THINK ► FEEL ► ACT = RESULT

Our results are at the mercy of this equation. What we think affects how we feel and this in turn causes us to act a certain way. The results are either positive or negative depending on what we first thought about. As the thinker of our thoughts, we get to CHOOSE what we think about. Learning to CHOOSE YOUR ATTITUDE is a brilliant way to manage thinking patterns and train our subconscious brain. That's why I created The Choose Your Attitude Journal. Visit DebraSearle.com/shop to learn more.

STEP 1:

SET YOURSELF A BRAIN TRIGGER

An audio or visual trigger to mentally complete your CHOOSE YOUR ATTITUDE exercise - see 2&3. Mine is my CYA journal.



STEP 2:

CHOOSE YOUR ATTITUDE

Each morning, when your brain is triggered, CHOOSE YOUR ATTITUDE for the day. It could be an attitude, a focus or a way of working that would bring success to all you need to do that day.



CHOOSE YOUR ATTITUDE!

"Today I choose to be enthusiastic."

STEP 3:

LIST THE BENEFITS

This is where the magic happens! By listing the benefits it trains our subconscious brain to look for opportunities to make those potential benefits a reality.



"I'll be more inspiring for my team to be around."

"My enthusiasm will be infectious to my clients and convince them to buy."

"I'll enjoy the day more."

BACK UP PLAN!

If it all goes horribly wrong there are two easy ways to change our mental state:



MOVEMENT

Changing our physical state instantly makes us think - feel - act differently.



MEMORY SONGS

Music attached to awesome memories instantly changes our attitude.