


**Elevate Your Altitude by
Choosing Your Attitude**

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**Who are you being
when you are doing
what you are doing?**

2

**"WE CHOOSE WHAT ATTITUDES
WE HAVE RIGHT NOW. AND IT'S
A CONTINUING CHOICE."**

- John C. Maxwell

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A positive Attitude can.....

- Lower levels of distress
 - Greater resistance to the common cold
- Increased life span
 - Reduced risk of death from cardiovascular disease
- Better psychological and physical well-being
 - Lower rates of depression

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Is it life or death?

YES!!!!

A Mayo Clinic study showed that people with positive attitudes had lower death rates over a 30-year period.

- The benefits of a positive attitude aren't just seen in the office -
- it can add years to your life as well.

5

"ADVERSITY IS PROSPERITY TO THOSE WHO POSSESS A GREAT ATTITUDE."

-John C. Maxwell

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“UNCERTAINTY IS
A LEADERSHIP
OPPORTUNITY.”

~ John C. Maxwell

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The Attitude
you choose

- Determines the Success you will have
- Determines who will follow you
- Determines _____

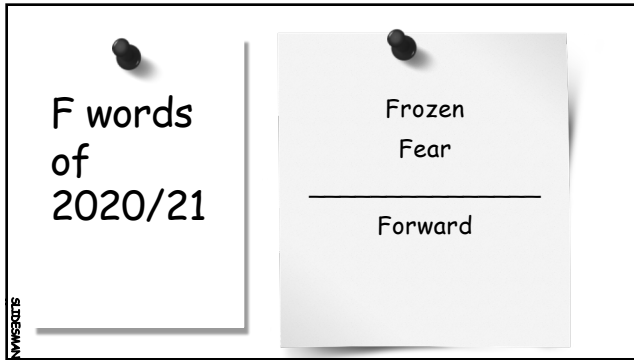
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F words
of
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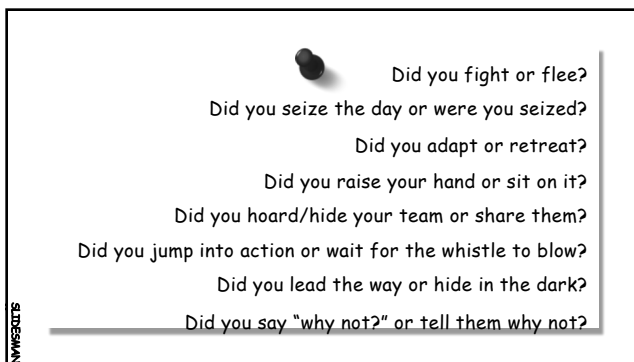
Fast Fluid Flexible

Foundation, Family,
Friends, Food, Fun,
Faith, Focus,
Fearless, Feelings,
Fitness, Freedom,
Fierce, Fulfilment

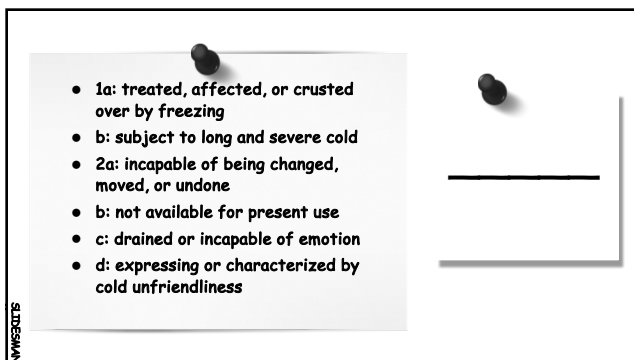
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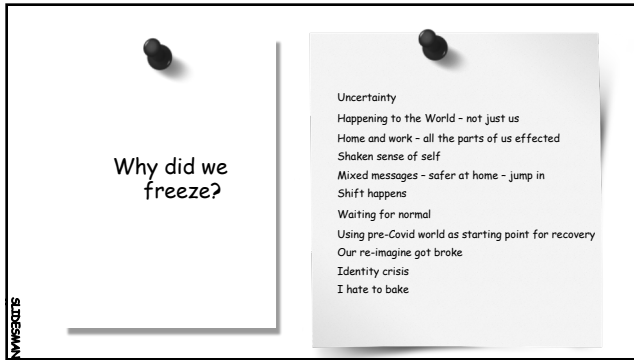
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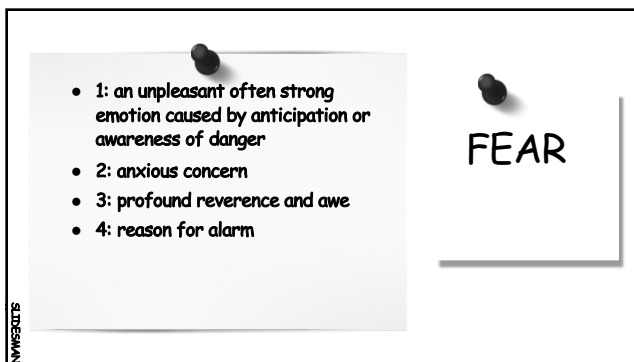
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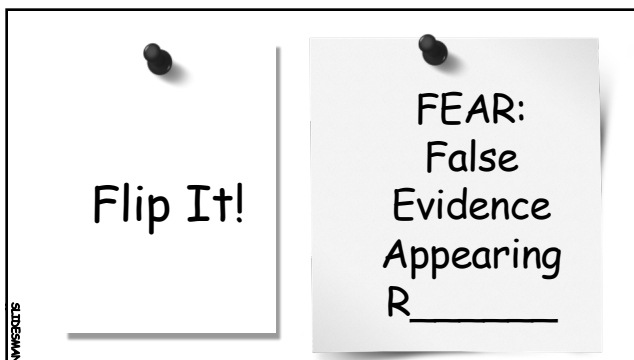
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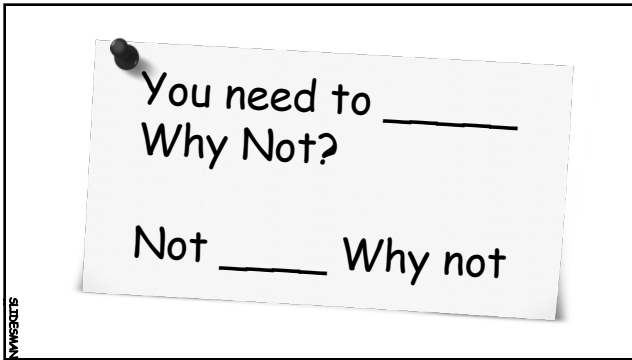
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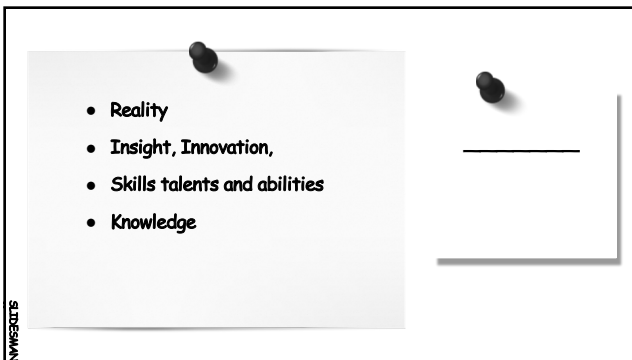
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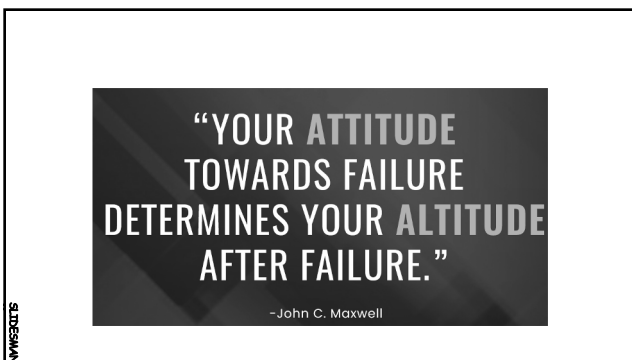
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- a: omission of occurrence or performance
- b: a state of inability to perform a normal function
- c: an abrupt cessation of normal functioning
- d: a fracturing or giving way under stress structural
- e: lack of success

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- Failure = attempt at success
- Lack of Success
- Success Adjacent
- Failure is success' greatest companion
- We learned everything by failure
 - walk, talk, add, spell, ride a bike.....

Why are we so fearful of failure?

Flip It!

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**“WITHOUT FAILURE
THERE IS NO
ACHIEVEMENT.”**

~John C. Maxwell

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FAILURE Redefined:

Fearless: not risk averse, ready to try something new and different, especially in the face of adversity

Attitude: keeping a positive attitude whether or not success is achieved, and go in focused on success

Intelligence: emotional and mental acumen to assess the risks and accept to succeed in a smart and well thought out manner

Lessons Learned: learn from your less than successful attempts and use what you have learned to be better

Us: no one succeeds or needs to try again on their own, we stand and sometimes fall on the shoulders of others

Resiliency: have the "Tigger" (Winnie the Pooh) factor, be able to bounce back

Experiences: bring all of the best and the worst you have had to the table each time in order to have more bests than worsts

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**"NOTHING IN LIFE
BREEDS RESILIENCE LIKE
ADVERSITY AND FAILURE."**

- John C. Maxwell

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What will set you apart in the New Normal?

Imaginer

Possibilitist

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An Imaginer is someone who:

- Starts with _____
- Is always curious
- Has a Beginner Mindset

Imaginer:
Thinks beyond the moment

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A Possibilitist is someone who:

- Sees the opportunity/lesson/silver lining in anything.
- Frames circumstances to reveal choices.
- Sets their aim and plans with intention and integrity.
- Instinct is to find the others and lean in together.
- Accepts what happens and then starts.

Possibilitist:
Looks for and steps into possibility despite uncertainty or adversity

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A Whynotter is someone who:

- Has _____ more than _____ in vocabulary
- Is open minded to others way of thinking
- Understands that where there is a will - there just might be a way
 - Knows their Vowels

Whynotter:
Runs towards the solution not away from the issue

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Know Your Vowels

A: Agenda: What is the desired outcome

U: What are U willing/able to do next

E: What is the Elephant in the room – the obstacles?

O: What are the Opportunities

I: What is _____

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Be the _____
and
Be the _____!

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a. near, being at, or belonging to the forepart

b. situated in advance

c. strongly inclined

d. lacking modesty or reserve

e. notably advanced or developed

f. moving, tending, or leading toward a position in front also : moving toward an opponent's goal

g. advocating an advanced policy in the direction of what is considered progress relating to, or getting ready for the future

h. _____

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~ John C. Maxwell

STRENGTH

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STRENGTH

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STRENGTH

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