

**Elevate Your Altitude by  
Choosing Your Attitude**



Presented By:  
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Knight Leadership Solutions

FRPA Virtual Education 1-18-2022

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

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**“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

NEWSOOTS

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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.

NEWSOOTS

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**“ADVERSITY IS PROSPERITY TO THOSE WHO POSSESS A GREAT ATTITUDE.”**

-John C. Maxwell

NEWSOOTS

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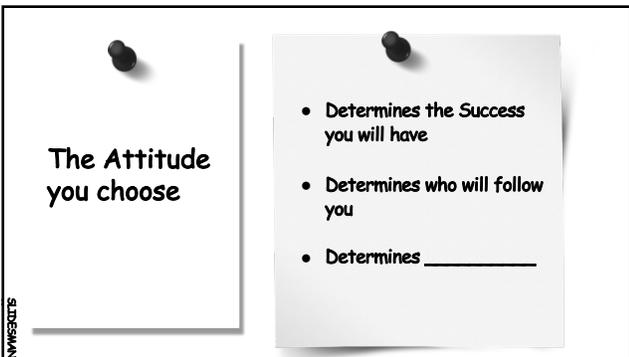
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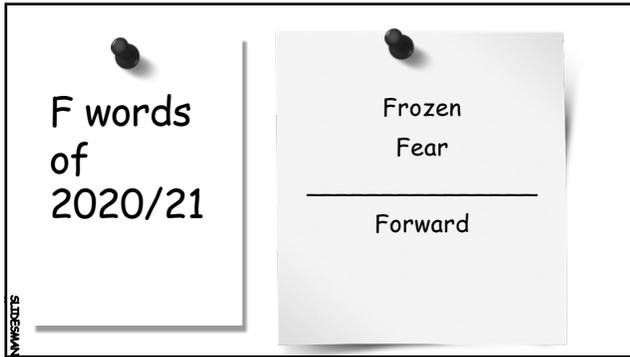
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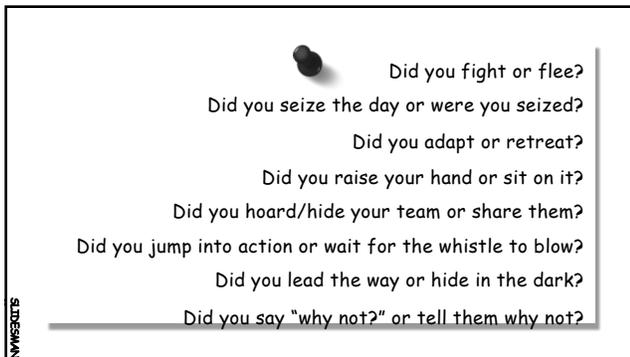
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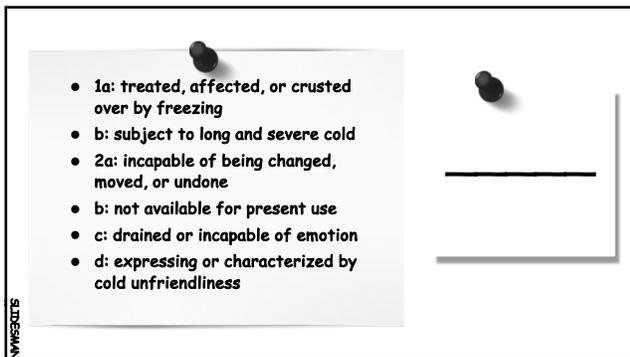
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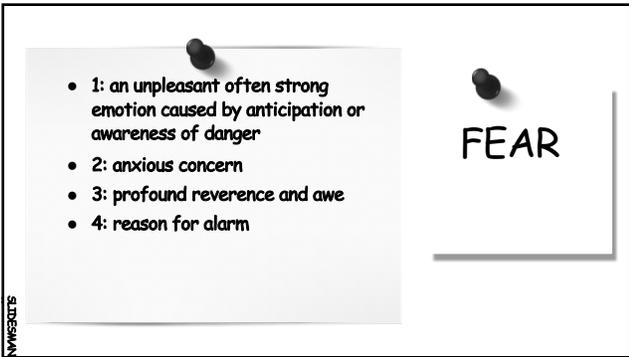
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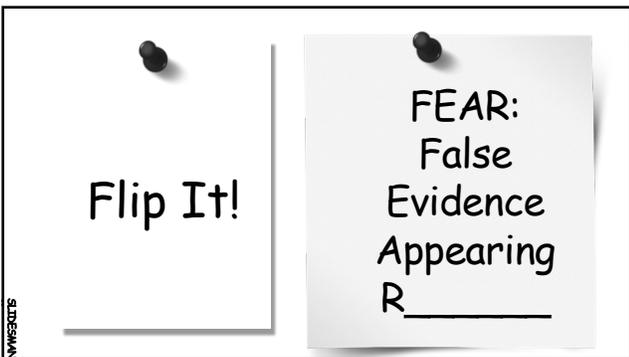
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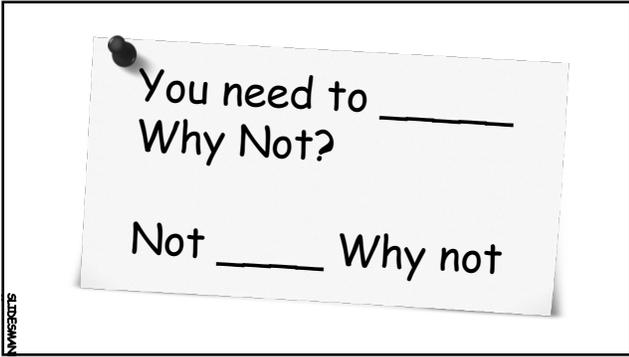
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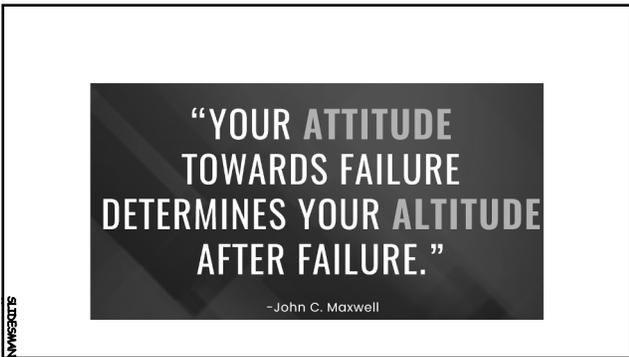
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- a: omission of occurrence or performance
- b: a state of inability to perform a normal function
- c: an abrupt cessation of normal functioning
- d: a fracturing or giving way under stress structural
- e: lack of success

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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?

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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

NWISQETS

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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

NEWSLET

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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

NEWSLET

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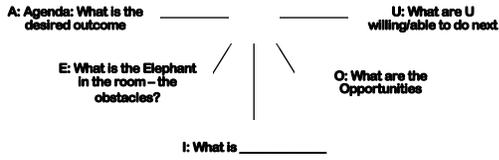
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### Know Your Vowels



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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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NEWSLET

**“SUCCESS IS DUE TO OUR STRETCHING TO THE CHALLENGES OF LIFE. FAILURE COMES WHEN WE SHRINK FROM THEM.”**

-John C. Maxwell

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NEWSLET

● Fight for a seat at the table  
 Take charge of the narrative  
 Be the Bean!  
 Raise both Hands  
 Let your team shine  
 Be the first off the blocks  
 Carry the biggest flashlight  
 Get Curious!!

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NEWSLET

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**Questions!**  
 Marie Knight  
 marie@knightleadershipsolutions.com  


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