# What Is a Positive Attitude?

- **A Positive Attitude is...**
  - The way you view things mentally, your mental focus on the world.
  - Your attitude is never static; it's always in flux — the result of an on-going process that's sensitive to what's going on.
  - Events, circumstances, and messages — both positive and negative — can affect your attitude.

# How to Keep People and Events from Stealing Your Positive Attitude

- **Safeguard your attitude by:**
  - Solving personal conflicts quickly.
  - Taking the "high road" if someone behaves unreasonably towards you.
  - Insulating or distancing yourself from a person with whom you have a repeated conflict.
  - Focusing on the work.
  - Changing your traffic pattern to avoid people who pull your positive focus, and repair the wear and tear on your attitude.

# How to Give Your Attitude a Tune-Up

- **Freshen your view, rejuvenate your approach, re-establish your positive focus, and repair the wear and tear on your attitude by:**
  - Dealing with environmental shock waves, self-defeating images, and negative drift.

# Construction is a complex and competitive business.

# What Is the Power of a Positive Attitude?

- **Result #1:** A positive attitude triggers your enthusiasm.
- **Result #2:** A positive attitude enhances your creativity.
- **Result #3:** A positive attitude gives you x-ray vision — the power to "see right through" problems and difficult situations, the power to "see" solutions and opportunities.
- **Remember:** Sometimes the reason people lack a positive attitude is simply that they don't realize that they have a negative attitude.

# Ways to Adjust Your Attitude

- **The Flipside Technique**
  - Look for a humorous angle to each difficult situation.
  - Use laughter as a therapeutic treatment.
  - Avoid jokes that might be inappropriate or offensive to someone else.
  - Don't use humor to laugh at everyone and deny the reality of difficult circumstances or problems.
- **Play Your Winners**
  - All of us deal with both positive factors and messages (winners) and negative factors and messages (losers).
  - Be alert so losers do not push your winners into "no-win" situations, the power to "see" solutions and opportunities.
  - Use humor.
  - Avoid jokes that might be inappropriate or offensive to someone else.
  - Don't use humor to laugh at everyone and deny the reality of difficult circumstances or problems.
  - Use laughter as a therapeutic treatment.
  - Look for a humorous angle to each difficult situation.
- **Simplify! Simplify!**
  - Get rid of unused and unappreciated possessions.
  - Talk about your winners.
  - Reward yourself by enjoying your winners.
- **Phase II Insulators**
  - Talk it out.
  - Work it out.
  - Laugh it out.
  - Play about it.
  - Change the scene.
- **Phase I Insulators**
  - Talk it out.
  - Work it out.
  - Laugh it out.
  - Play about it.
  - Change the scene.
When you give part of your positive attitude to others, they feel better—and so do you. You keep your positive attitude by giving it away.

The less you feel like giving away part of your positive attitude, the more give it away will do for you.

Ten ways to give away your positive attitude:

- Go out of your way to visit friends who may be having trouble with their attitudes.
- Be more positive around those with whom you have had contact.
- Transmit your positive attitude to others whenever you telephone.
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BY GIVING IT TO OTHERS

Give your attitude to others by setting a consistent example as a positive person.

Laugh more so your attitude will be noticeable and others will pick it up.

Be more sensitive as a listener so others can regain their positive focus.

Share your sense of humor by using the flipside technique.

Pass on your positive attitude by sending cards or tokens.

Transmit your positive attitude to others whenever you use the telephone.

Pass your positive attitude by sending cards or tokens to friends who have been helpful to you.

Share your sense of humor by using the flipside technique.

How a Positive Attitude Affects Career Success

Technical skills alone are not enough.

Make sure your attitude shows that you are one of the people your supervisor can count on to make results happen.

No matter what your role or responsibility is, think of yourself as a “crew member” with others like yourself—on your team. Then do your best to make this “crew” as effective as it can be.

Through what you do, ensure that the actions of the people you supervise and your area of the jobsite are safe for everyone, including the public.

Watch out for safety hazards, and never overlook defective work.

Protect your #1 asset during a major lifestyle change.

- Live with the solution gracefully.
- Slow down until you gain a positive perspective.
- View the change as an opportunity.
- Accept the fact that some refocusing will be necessary.

A Positive Attitude Is Your #1 Asset

One negative person in a crew or department can destroy the positive attitude of others.

You can help maintain a positive attitude by:

- Encouraging and teambuilding.
- Actively working at problem solving.
- Co-working on projects.

Maintaining a positive attitude helps you to stay focused on work and enjoy your job.

A Positive Attitude Helps You Make Better Decisions

A positive attitude can improve your decision making.

You are more likely to make better decisions when you have a positive attitude.

Your attitude affects your ability to make decisions.

A positive attitude helps you to stay focused on work and enjoy your job.

A Positive Attitude Affects Your Health, Too

A positive attitude helps you to stay focused on work and enjoy your job.

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A Positive Attitude Affects Your Outlook on Work

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