



Increase Your Positive Mental Attitude

- Develop a list of personal strengths and weaknesses and work on them
- Spend less time watching TV, and more time working on yourself
- Use positive, reinforcing language
- One of the main reasons for a poor mental attitude is a feeling of lack of direction or ability to change that lack of direction.
- Work on your direction
- Take yourself to a happy place
- Visualize when you were at your happiest, what it felt like. Work on repeating that.
- Plan for your future
- Realise you are in control of your business.
- Listen to audio programs in your van from Brian Tracey, Anthony Robbins or Paul McKenna to boost your confidence
- Read for an hour a day in any area you feel weakest
- Invest in courses and eBooks to further your knowledge
- Learn management skills
- Practice what you are weak at until you become great at it.
- Let go of anger, hatred, resentment
- Reduce the time spent with things or people that don't add anything positive to your life
- Don't over think or over complicate things
- Let go of grudges - close your eyes, put them on to a boat, and blow the boat away until you can't see it any more.
- Use music to lift your spirits
- Believe in your own power to create your own profitable business



- Congratulate yourself regularly for something you have done well
- Reinforce the message to yourself that you are powerful
- Take responsibility for your own life and business
- Stop blaming others for failures.
- Stop focusing on the past - we are constantly creating it and there is nothing we can do to change it.
- Try suggestive hypnotherapy

IMPORTANT NOTE:

If you have any sort of medical condition like depression, ***always*** see a qualified person before you try any of the above. There may be better ways to handle it.