

**CHOOSE YOUR ATTITUDE** *Accepting*

Attitude benefits: *This attitude helps me keep in mind that I'm doing the best I can and that's okay.*

**GRATITUDE**

- 1 *The awesome homemade pizza Tim made last night.*
- 2 *Heidi's teacher saying she could sit by her on the bus to the*
- 3 *residential, when she didn't have a friend to sit with.*

Message of gratitude or encouragement to: *Heidi's teacher*



**JOURNAL** **WRITE A LIST (6-10) OF STATEMENTS THAT SUMMARISE YOUR MOST DESIRED GOALS.**

- *I have ample time to complete my goals.*
- *My book has hit Number 1 in the non-fiction charts.*
- *The businesses each doubled turnover this year.*
- *My team are fully engaged, happy and productive.*
- *Me, Tim and the kids adventure together every month.*
- *I am the happiest person I know.*
- *I am fitter and leaner in my 40's than I was in my 20's.*
- *The movie of my Atlantic Row has won an Oscar.*
- *My garden is full of climbing roses that I can see from my bedroom*
- *I have an office with a sea view*
- *Our latest D&I course has been wildly successful*
- *I am on the board of a charity where I can have a big impact*

SELECT:



**KEY ACTION**

*Finish all website copy for new site*



**SMALL WIN**

*Write one paragraph for the consultancy page of the new site*

