

LESSON NINE

THE MAGIC WORD

The Magic of Attitude



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- The diagram illustrates the SAT model. A stylized female figure is shown with a large circular head. The head is divided into three horizontal sections. The top section contains a cloud and is labeled 'T' (Thought) with an arrow pointing right. The middle section contains a heart and is labeled 'F' (Feeling) with an arrow pointing right. The bottom section contains a cloud and is labeled 'A' (Action) with an arrow pointing right. To the right of these arrows is a large rectangular box labeled 'SITUATION'.

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- This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

iii. What are the actions you are taking about this situation?

3. On a scale of 1 to 10, 10 being an exceptional attitude, where would you rate your attitude towards this situation today? _____

4. Is the situation controlling your thoughts, feelings and actions? ☐ Yes or ☐ No

5. What would you do if a good friend or associate had a situation controlling them? What would you tell them to do?

6. How is the outside world a reflection of your internal thoughts? What is being reflected in your outside world? What is this telling you about your internal thoughts and feelings?

7. What are you taking in from your external world that you want to stop taking in? Where could you say, “that’s interesting” and move on? How can you control your thoughts? What thoughts would be to your benefit to reject?

8. We can control our thinking about the outside world, and not let the outside world control us.

- i. How could you think differently about this situation? What thoughts could you impress on your subconscious mind that would help to shift this situation to a better state?
- ii. When you think about what you desire to experience in this situation, what do you feel?

- iii. What actions could you take to shift this situation to a more positive experience?

iv. How would you describe your new attitude about this situation?

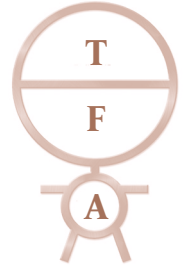
v. How does your new attitude shift your vibration? What do you notice?

9. Imagine this situation differently. Imagine this situation as you desire. Take a moment to envision this situation differently. Impress this vision on your subconscious mind.

10. How important is attitude to your success?

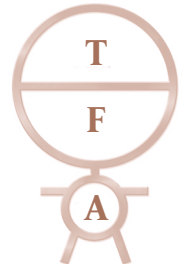
11. Complete the following exercises. In the space provided, describe the thoughts, feelings and actions you experience in these various areas of your life:

PERSONAL RELATIONSHIPS



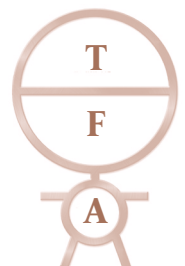
YOUR BUSINESS

YOUR FINANCES



YOUR HEALTH

YOUR SOCIAL LIFE



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- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ii. What are the feelings the team is having about this situation?

iii. What are the actions the team is taking about this situation?

3. On a scale of 1 to 10, 10 being an exceptional attitude, where would you rate the team's attitude towards this situation today? _____

4. Is the situation controlling the team's thoughts, feelings and actions?

☐ Yes or ☐ No

5. What would the team advise another department/team to do if they had a situation controlling them?

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- [illegible]

9. As a team, collectively build an image and then paint the picture in words of the team working in perfect harmony and getting extraordinary results. Let this image guide the team's attitude.

10. How important is attitude to the team's success?

11. High producing teams have a sense of urgency; they get a lot done in a short period of time in a calm, confident manner. How does your team's attitude support that concept?

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THE THREE R'S EXERCISE — REVIEW, RE-THINK, REWRITE

- 2. Re-think** what action steps you will take based on this Lesson that will move you and your team closer to the goals you identified in Lesson One.

- 3. Rewrite** your goal. Does your goal need clarification? Is the image clear? If you gave the written description of the goal to an absolute stranger, would that description create a picture in their mind that is the duplicate of the one you are holding in your mind? If not, bring more clarity to the written goal.