

*How to Stay **POSITIVE***
in a
TOUGH Work Environment

The Environment

Other People's
Behavior

Changing
Environment

Negative Work
Environment

Past
Experiences

Negative
World View

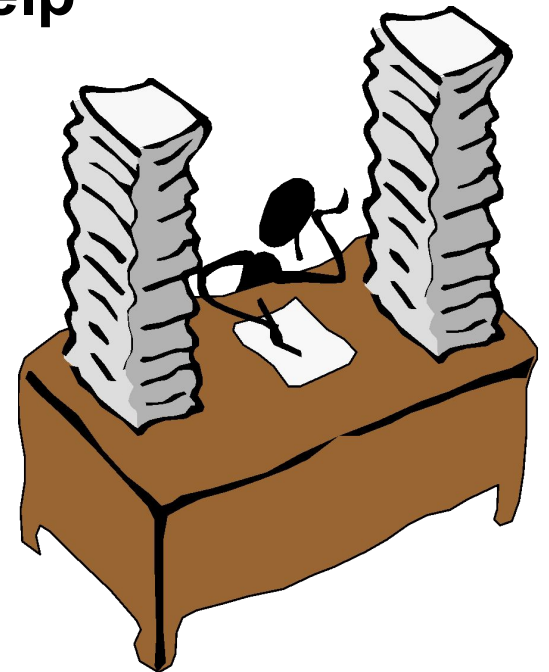
Determinism
Theory

Ouch!

Beware the Bullets!

Negative Work Environment

- Dog eat dog . . . everyone fighting to get ahead
- No one appreciates your contributions
- Too much work . . . not enough help
- Deadlines are unrealistic
- Longer hours . . . additional work
- Budget Constraints
- Competition is eating us alive
- Poor management / direction
- Job insecurity





Other People's
Behavior

Bulldozers

Complainers

Gossips

Patronizers

Whiners

Negatives

Snipers

Backstabber

Clams

Walking Wounded

s

Controllers

Sluffers

Brown Nosers

Exploders



“The only person who always likes change is a wet baby”

CHANGE . . .

- Challenges our paradigms
- Alters the way we think
- Makes life more difficult for a while
- Causes Stress
- Is an ongoing fact of life



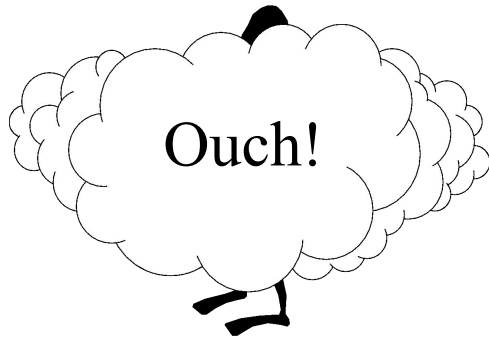
Ouch!



Ouch!

Ouch!

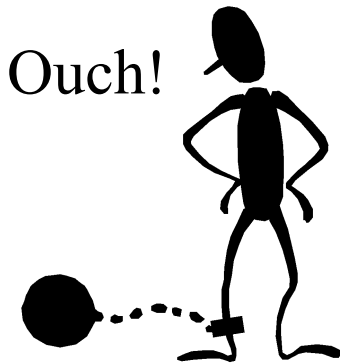
Ouch!



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Ouch!

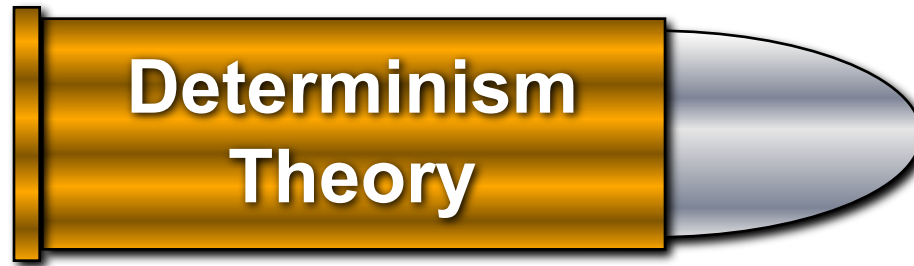


Media Frenzy

A recent Statistic:

Crime down 20% in America reporting up 600%,

Look at what you are looking at !!!



Determinism Theory

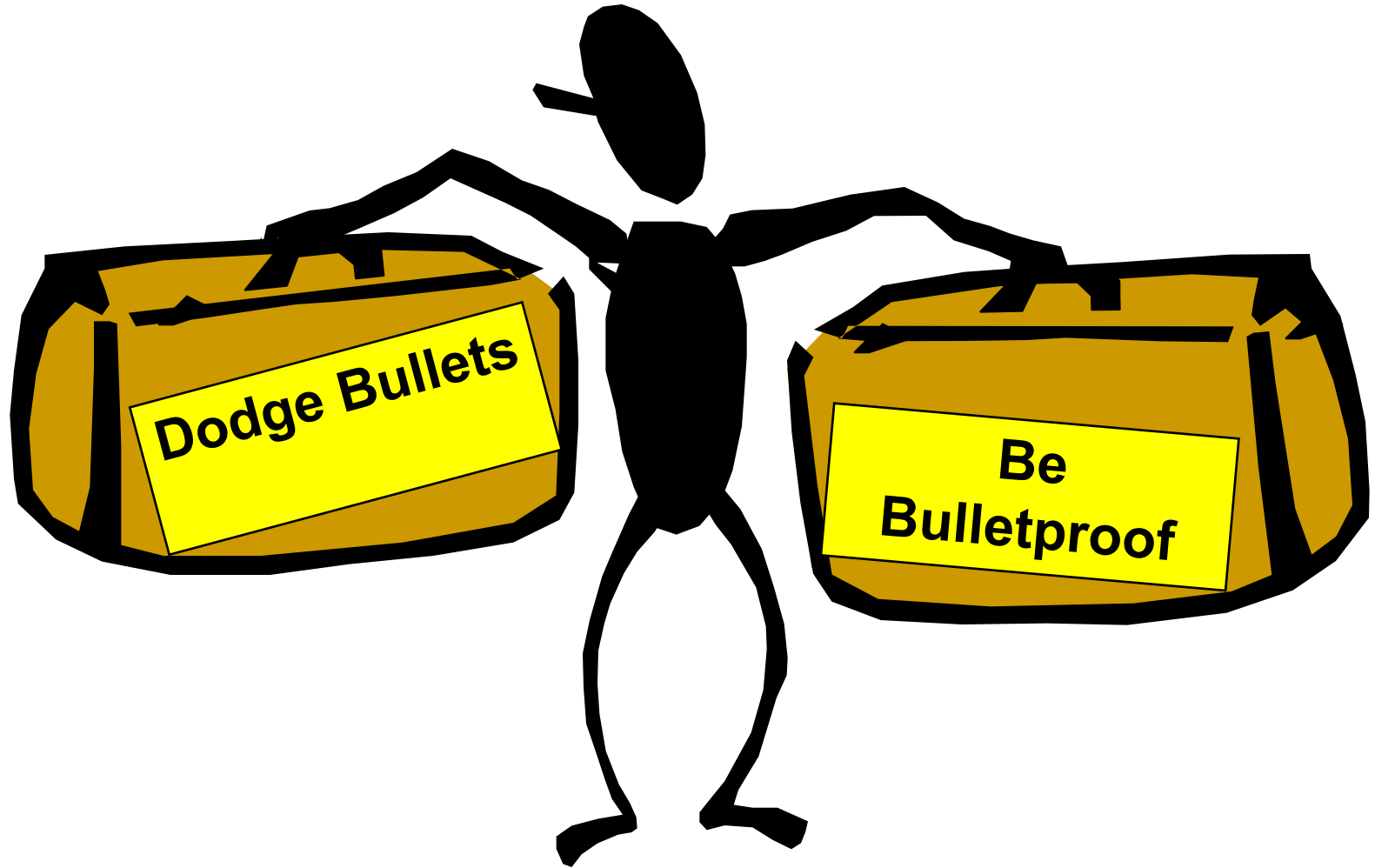
- **GENETIC:** My Grandparents did it to me.
(Inherited traits)
- **PSYCHIC:** My Parents did it to me.
(Upbringing)
- **ENVIRONMENTAL:** My Spouse, my Boss,
the Company, the Economy, etc.. is doing this
to me. (Surroundings)

Life's Little Question

*“Are some people just born positive thinkers
... or is it their CHOICE?”*



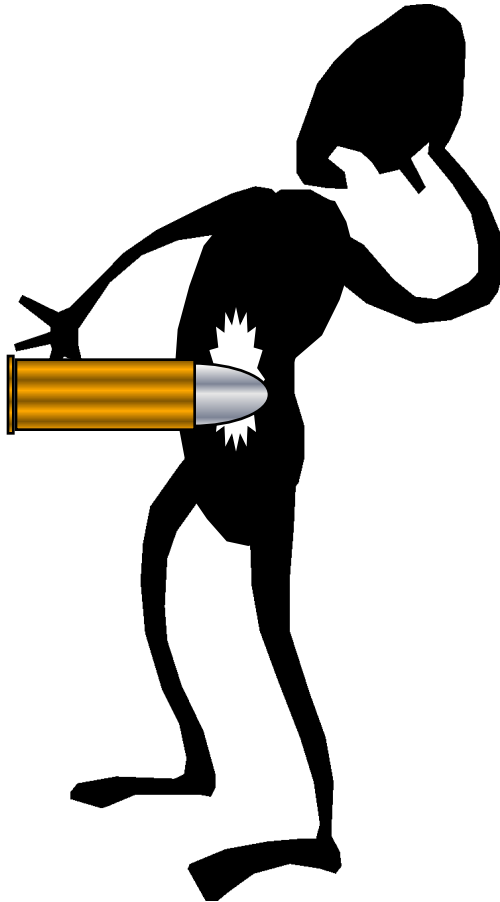
Choose the Right Luggage



The Problem With Dodging

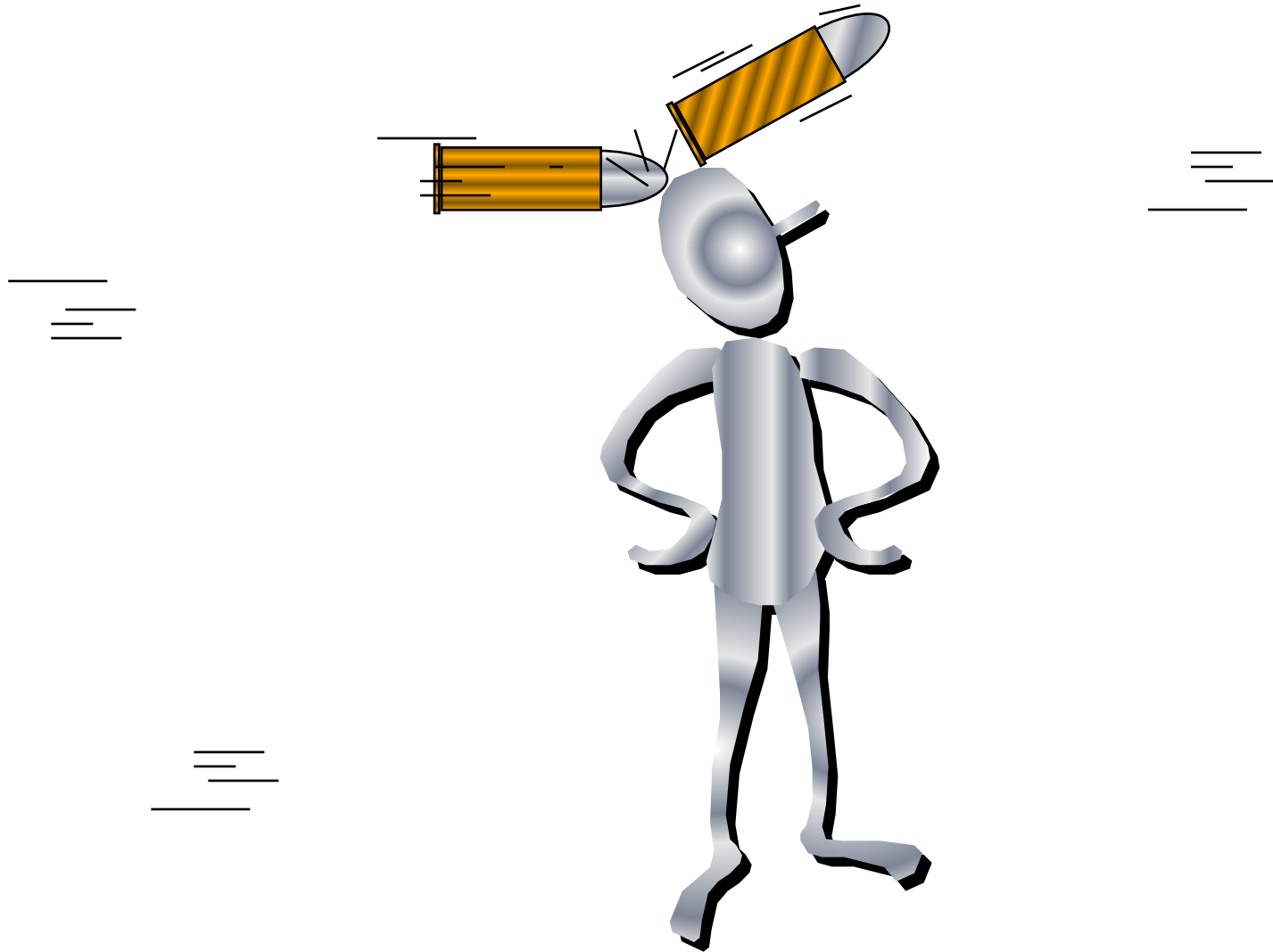
Bullets

You're going to get hit!



Choice #2

Wear Bulletproof Armor





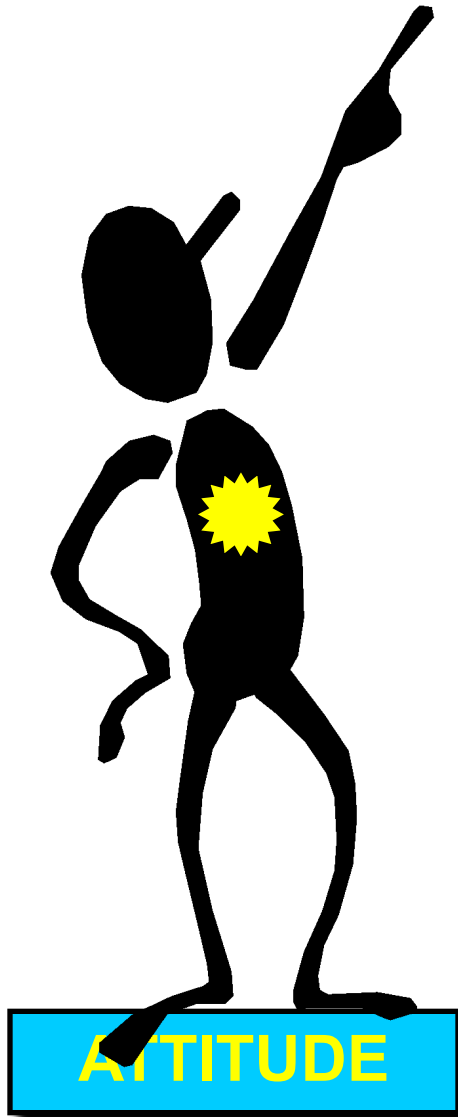
**Bulletproof Armor
Comes from
SELF CHANGE**

**Putting on the
Armor**

**Change
3 Things!**



How to Change Your Attitude



ATTITUDE

**Changes happen
personally
from the
INSIDE OUT!**

So . . . Accept Responsibility



I am responsible . . .

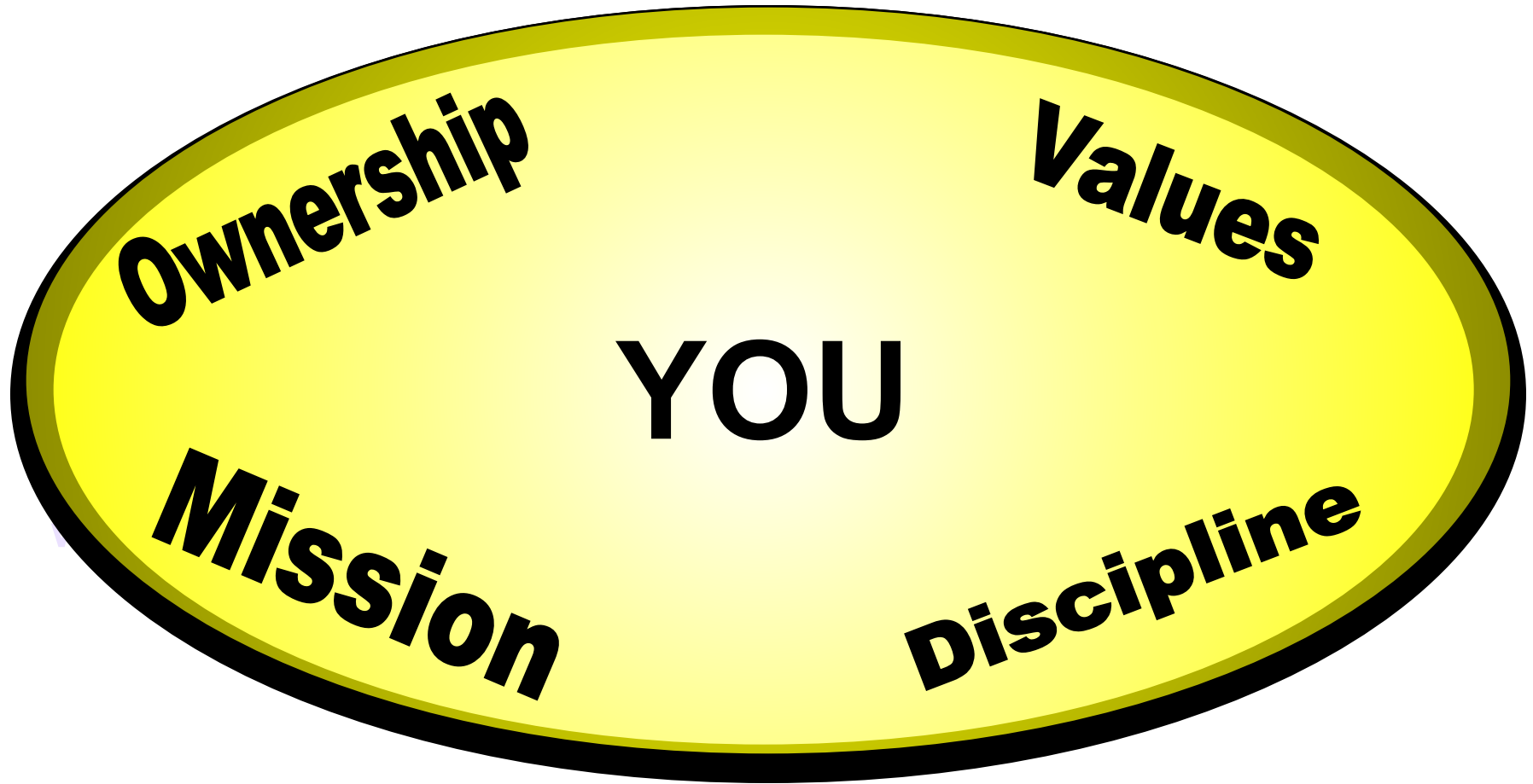
. . . for who I am

. . . for what I have

. . . for what I do

ATTITUDE

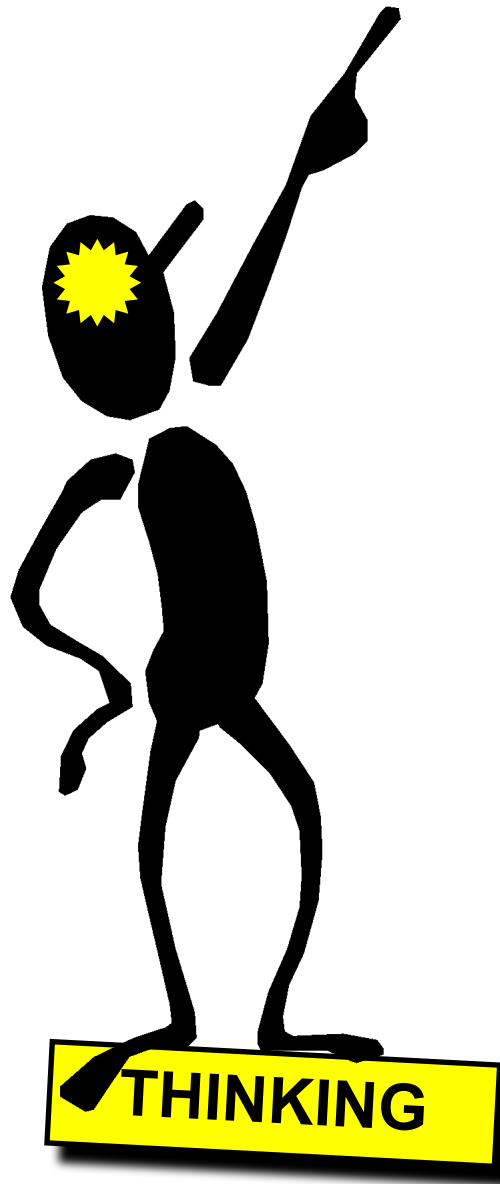
Step #2 Take Control



ATTITUDE

FROM THE INSIDE . . . OUT!

How to Change Your Thinking



THINKING

Changes come
from observing
logically in
every situation

Observe Your Thinking

What can I do to defuse this?

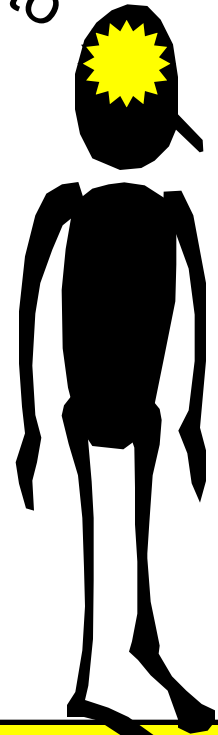
I refuse to let this hook me!

This is all very interesting

Tomorrow it will look very different.

I'd like to beat the ...

It sucks to be him.



THINKING

Manage Your Self-Talk

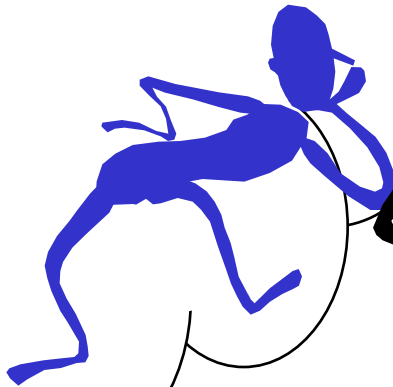
If you think you Can, or you think you Can't...

YOU'RE RIGHT!

Henry Ford

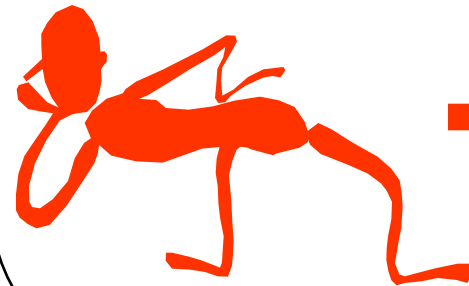
This is going to be
a wonderful day!

+

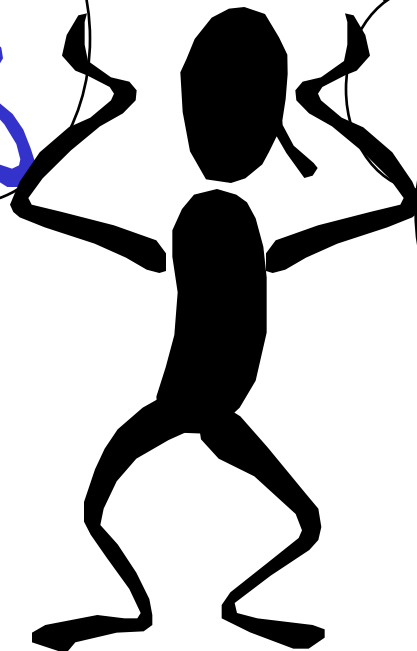


This is going to
be a crappy day!

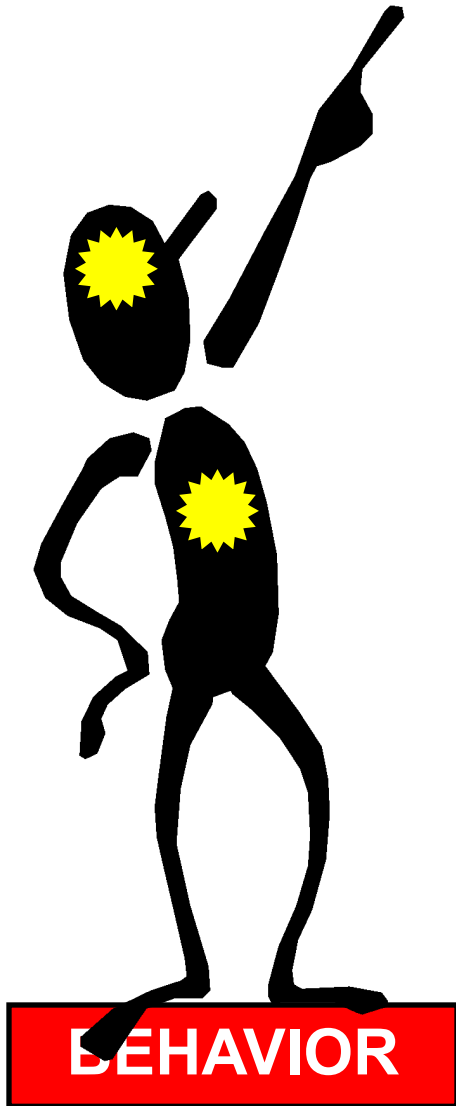
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THINKING



How to Change Your Behavior

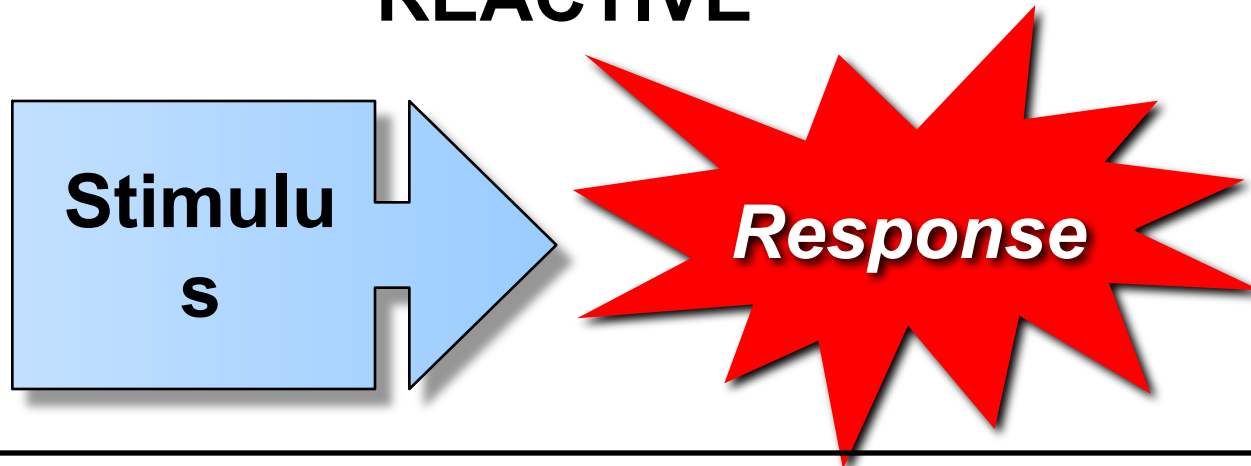


BEHAVIOR

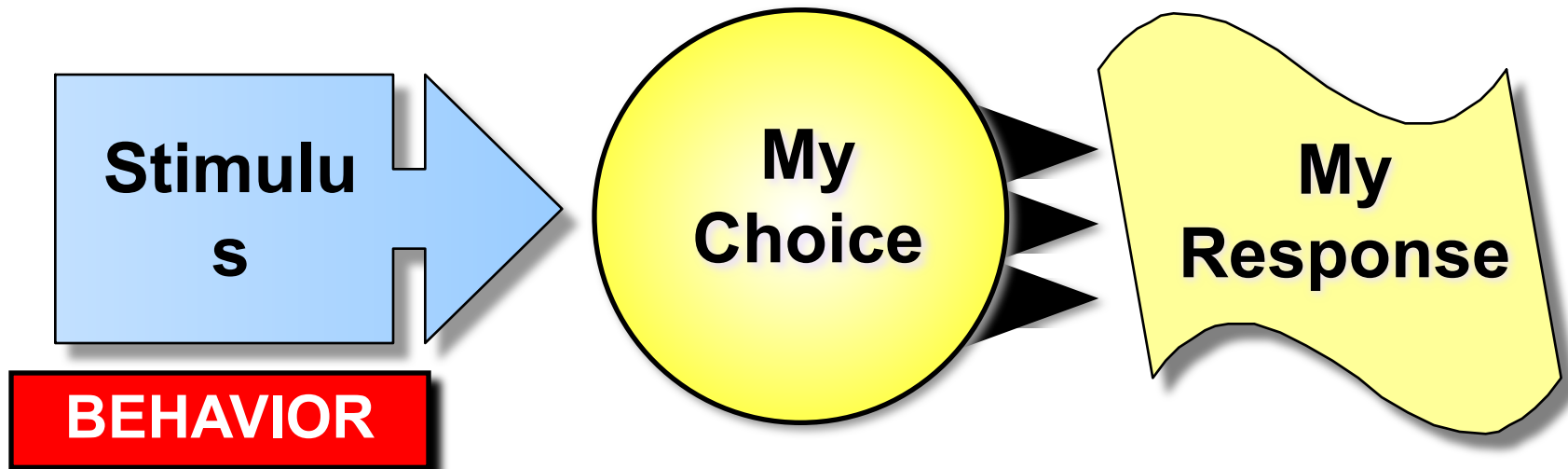
**Changes take
true assessment,
determination &
discipline**

Choose Your Behavior

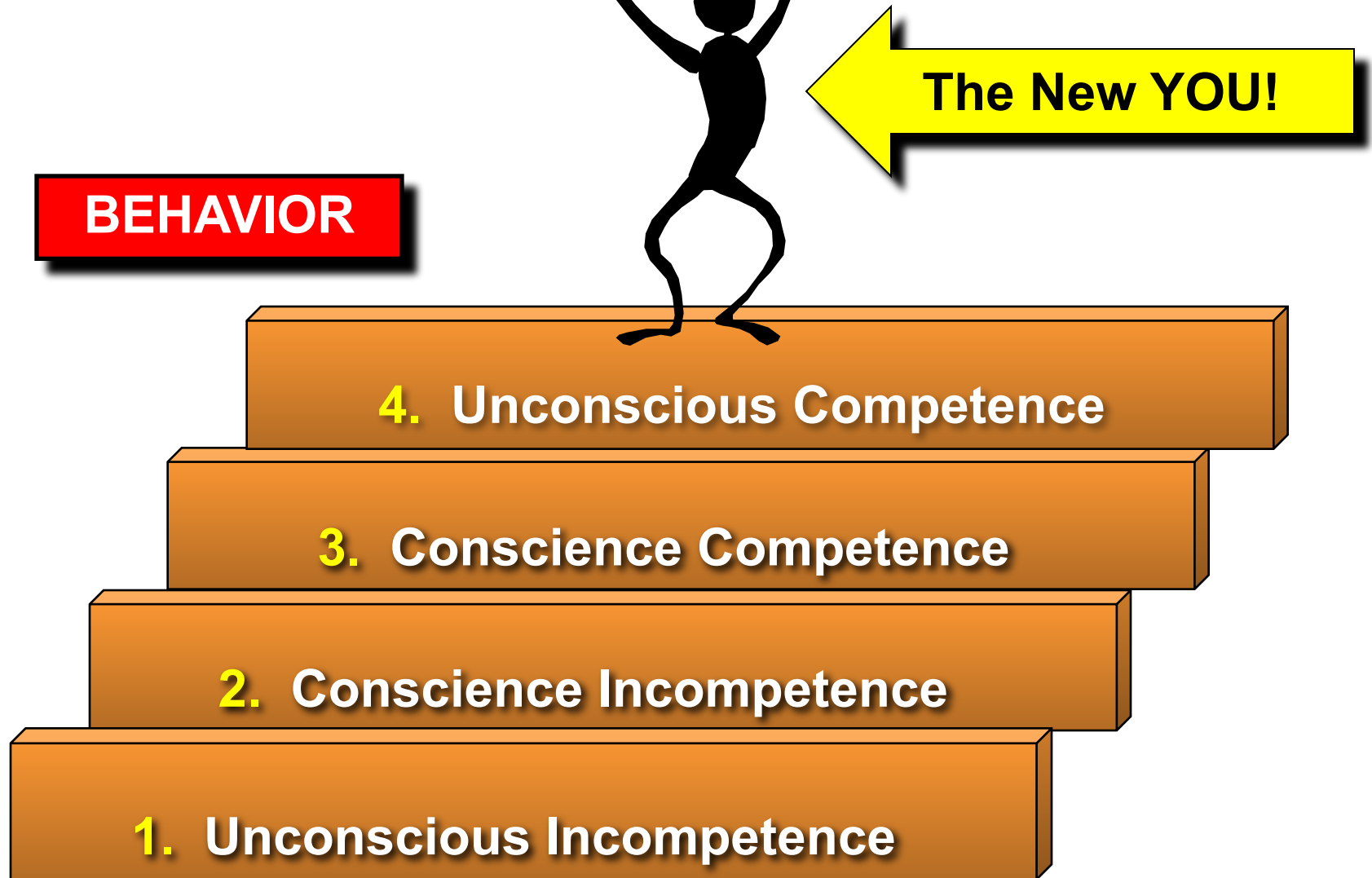
REACTIVE



RESPONSIBLE



Steps Toward Changing Behavior

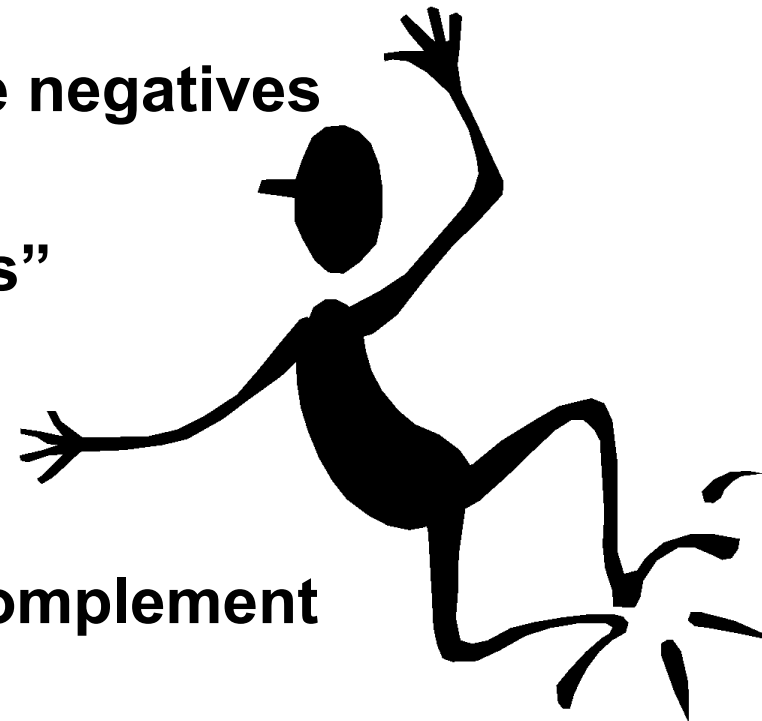


INFLUENCE YOUR ENVIRONMENT!

Add POSITIVE Behavior

Replace the BAD HABITS!

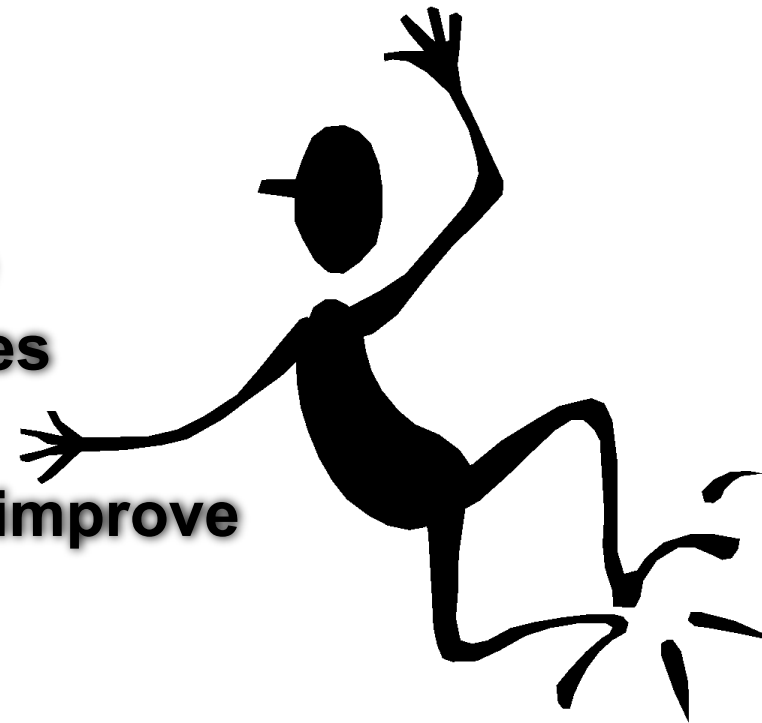
- Spread a SMILE around
- Sprinkle some “positive” on the negatives
- Focus on the good of each day
- Stay out of the “feeding frenzies”
- Say “please” and “thank you”
- Practice *EMPATHY*
- Evaluate *YOUR* behavior
- Never miss an opportunity to complement



BEHAVIOR

More POSITIVE Contributions

- **Before you say anything to anyone, ask yourself three things**
 1. **Is it true?**
 2. **Is it harmful?**
 3. **Is it necessary?**
- **Keep promises**
- **Have a forgiving view of people**
- **Keep an open mind with changes**
- **Count to 1000 if necessary**
- **See criticism as opportunity to improve**
- **Cultivate your sense of humor**



Remember to . . .

*Watch your definitions -
they become thoughts*

*Watch your thoughts -
they become words*

*Watch your words -
they become actions*

*Watch your actions -
they become your destiny*

The Choice is YOURS

**With a Bad attitude
you can never have a positive day**

**With a Positive attitude
you can never have a bad day**

Choose **POSITIVE** Living



HAVE A WONDERFULL &

A positive 2004

ENJOY!!!!!!!!!!!!!!