

Personal & Professional Growth

Positive Attitude: A Checkup From the Neck Up



BEST CARE EAP

A man in a black t-shirt and dark pants stands on a rocky cliff, looking up at a bright blue sky with scattered white clouds. His arms are crossed, and he has a determined expression. The image is framed by a green and white geometric overlay on the left side.

“Attitude is a little thing that makes a big difference.” – *Winston Churchill*



“We all need a daily checkup from the neck up to avoid ‘stinking thinking.’”

Today

- Assess your attitude.
- Pinpoint the biggest obstacle.
- Peel away the myths.
- Reconsider the benefits.



Today

- Explore how it works and how it affects you and others.
- Offer proven strategies for improving attitude.
- Point out some useful resources.



Today

- Review how Best Care EAP can help.



Positive Attitude

Focus Activity: How Positive Are You?



1. When someone at work asks to speak with me, I instinctively assume that they want to discuss a problem or give me negative feedback.

1 - Very Often

2 - Often

3 - Sometimes

4 - Rarely

5 - Not at All

2. When I experience real difficulty at work or home, I also feel negative about other areas of my life.

1 - Very Often

2 - Often

3 - Sometimes

4 - Rarely

5 - Not at All

3. When I experience a setback, I tend to believe that the obstacle will endure for the long term, e.g. "The funding fell through, so I guess that means they hate the project."

1 - Very Often

2 - Often

3 - Sometimes

4 - Rarely

5 - Not at All

4. When a team I'm on functions poorly, I assume that the problem is short-term and has a straightforward solution.

5 - Very Often

4 - Often

3 - Sometimes

2 - Rarely

1 - Not at All

5. When I'm not chosen for an assignment I really want, I tend to believe that I don't have the skills they're looking for right now, as opposed to thinking that I'm generally unskilled.

5 - Very Often

4 - Often

3 - Sometimes

2 - Rarely

1 - Not at All

6. When things don't go my way, I can tend to conclude that the issue is widespread in nature and will continue to plague me.

5 - Not at all

4 - Rarely

3 - Sometimes

2 - Often

1 - Very Often

7. When I perform very well on an assignment, it's because I believe I'm generally talented and smart, as opposed to being good in the one specific area.

5 - Very Often

4 - Often

3 - Sometimes

2 - Rarely

1 - Not at all

8. When I receive an award or recognition, I can tend to figure that luck or fate played more of a role than my actual work or skill.

1 - Very Often

2 - Often

3 - Sometimes

4 - Rarely

5 - Not at All

9. When I come up with a really good idea, I am surprised by my creativity. I figure that it's my lucky day and caution myself not to get used to the feeling.

5 - Not at all

4 - Rarely

3 - Sometimes

2 - Often

1 - Very Often

10. When something bad happens at work, I see the contributions that everyone made to the mistake, as opposed to thinking that I am completely to blame.

5 - Very Often

4 - Often

3 - Sometimes

2. Rarely

1 - Not at All.

11. After winning an award/competition/contract, I believe it's because I'm better/smarter/more talented than the competition.

5 - Very Often

4 - Often

3 - Sometimes

2 - Rarely

1 - Not at All

12. As a leader, when my team completes a project, I tend to attribute the success to the hard work and dedication of the team members, as opposed to my skilled leadership.

5 - Not at All

4 - Rarely

3 - Sometimes

2 - Often

1 - Very Often

13. When I make a decision that proves right, it's because I have expertise on the subject and analyzed that particular situation very well, as opposed to being a generally strong decision-maker.

1 - Very Often

2 - Often

3 - Sometimes

4 - Rarely

5 - Not at All

14. When I achieve a long-term and personally challenging goal, I congratulate myself and think about all the skills I used in order to be successful.

5 - Very Often

4 - Often

3 - Sometimes

2 - Rarely

1 - Not at All

Scoring Your Assessment

Total the number of points associated with each of your answers.



If You Scored 14 - 31 Points

- You're in the habit of seeing things as your fault.
- You've learned to give up your control in many situations.



If You Scored 32 – 50 Points

- You try to be positive, but some situations get the better of you.
- Identify your triggers for negative thinking.
- Use facts and logic to become naturally more optimistic.



If You Scored 51 – 70 Points

- You have a generally positive outlook on life.
- You don't take things personally.
- You're able to see that setbacks won't ruin the rest of your life.



If You Scored 51 – 70 Points

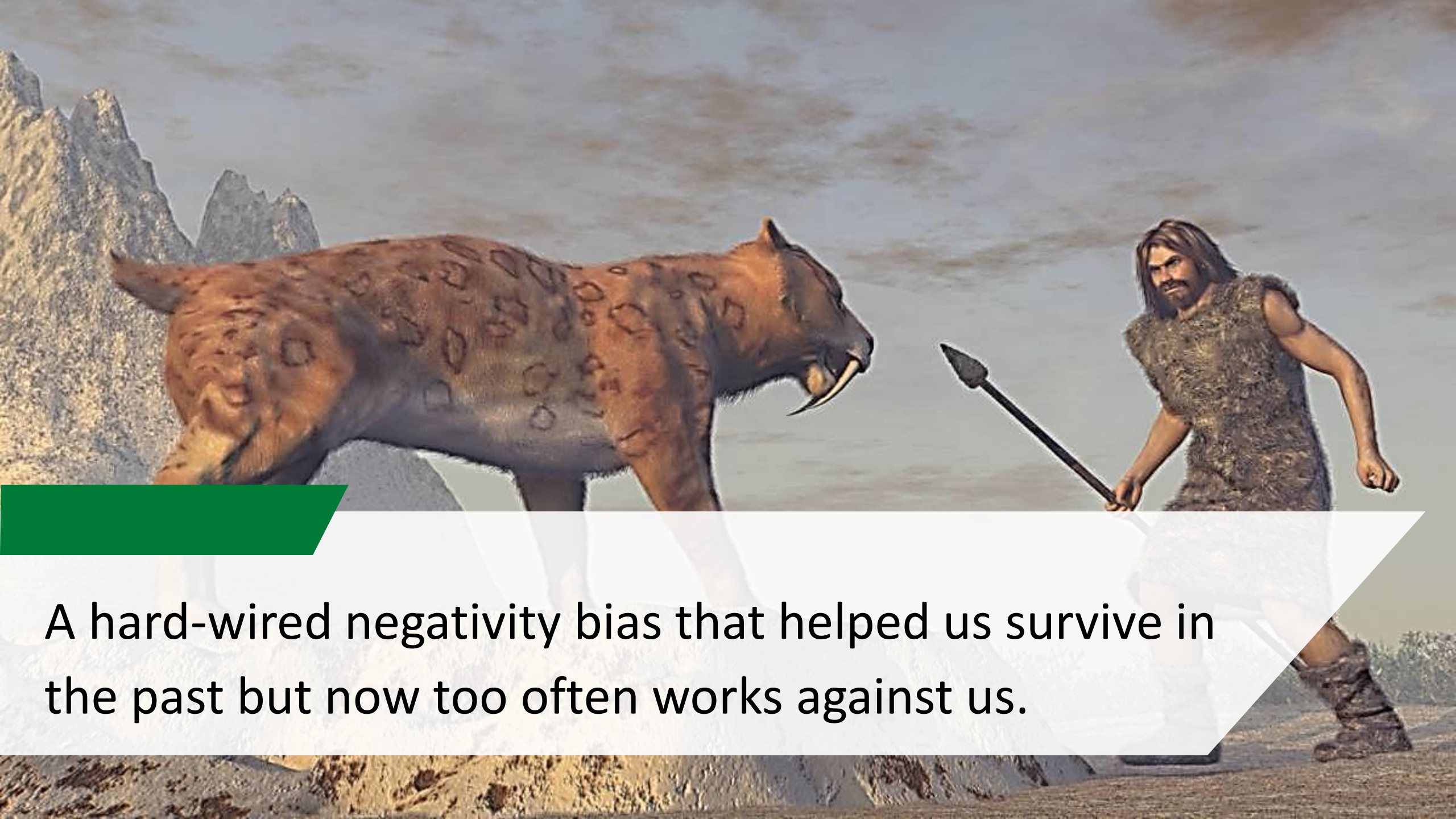
- Don't get cocky.



Positive Attitude

The Biggest Obstacle





A hard-wired negativity bias that helped us survive in the past but now too often works against us.


Positive Attitude

Peeling Away the Myths





Positive Attitude: The constructive mindset resulting from looking for the best in yourself, other people, and the future.

A woman with long, dark, straight hair is shown in profile, looking down with her eyes closed. Her right hand is raised, with fingers spread, near her face. The background is a solid green color. A white, angular graphic element is overlaid on the bottom left, containing the text.

Misperceptions deter many from cultivating this indispensable way of seeing the world.

Attitude Myths

Positive thinking is easy.



Attitude Myths

Positive thinking
means you're happy
all the time.



Attitude Myths

Positive thinking
solves all problems.



Attitude Myths

Positive thinking
protects you from
bad things.



Attitude Myths

Positive thinking
means you won't
have bad thoughts.



Positive Attitude

The Benefits





Cultivating a positive attitude can produce significant personal and professional benefits.

Health Benefits

- Lower physical and emotional stress
- Improved immune function
- Increased physical energy
- Overall better health



Social Benefits

- Increased social attractiveness
- Augmented respect
- Healthier relationships at work and at home



Career Benefits

- Success achieved faster and more easily
- Greater cooperation from coworkers
- Improved ability to inspire and motivate others



Positive Attitude

It's Not Magic. It's Science!



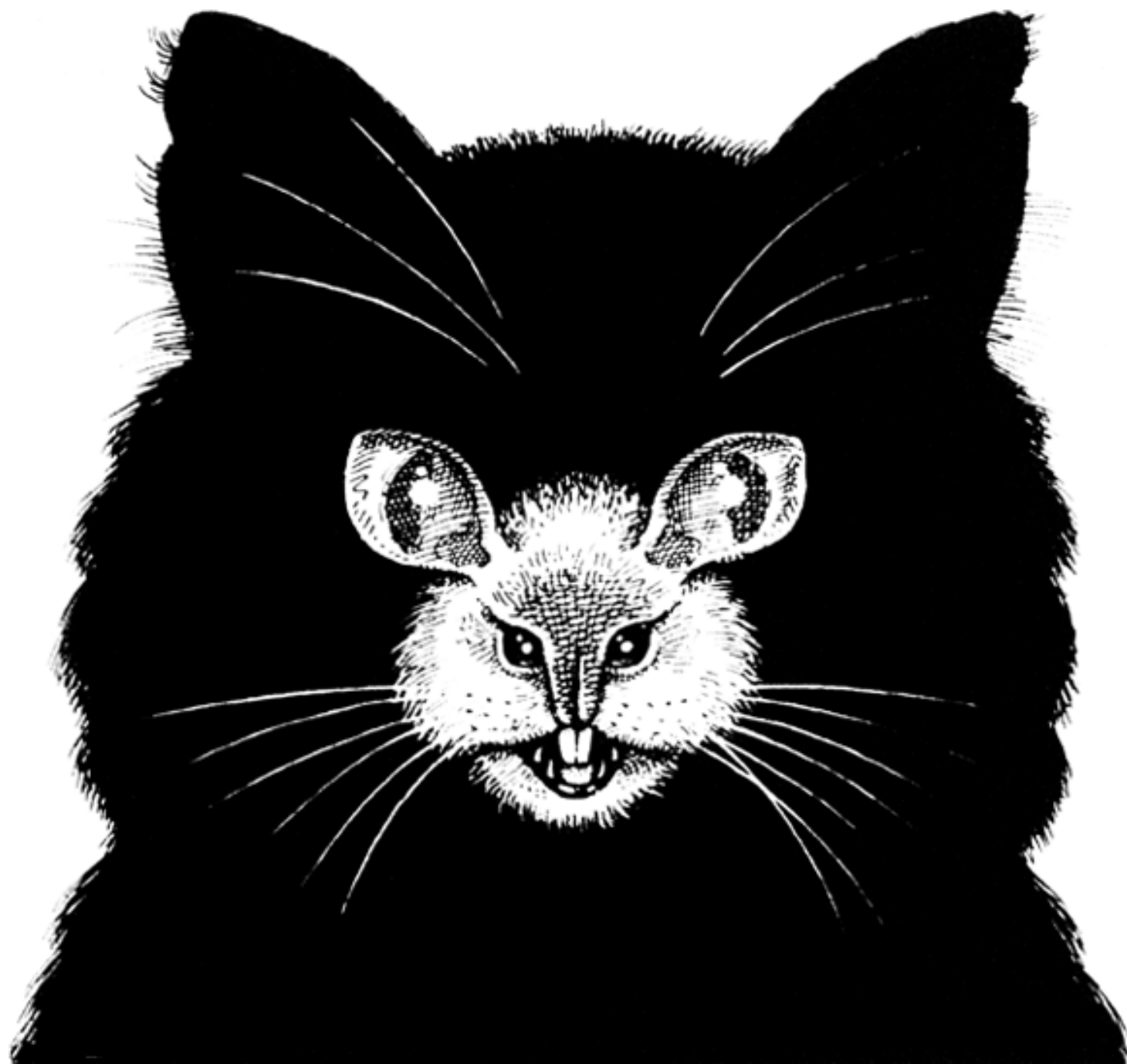


Attitudes are tools your brain uses to make sense of reality and to function successfully within it.

Attitudes are Made Up of...

- Cognitions (thoughts/ beliefs)
- Affect (feelings)
- Behavior (actions)









In short, you typically get what your attitude – good or bad – directs you to find.

How Attitudes Affect You

- Attitude shape perceptions and behavior.
- Behavior hardens over time into habit.
- Habit define character.
- Character determines success or failure.



How Attitudes Affect Others

Your attitude is contagious!



Positive Attitude

Seven Proven Strategies for Building
a Positive Attitude



Proven Strategies

Choose to take
charge of your
attitude.



Proven Strategies

Learn to appreciate
yourself.



Proven Strategies

Count your
blessings.



Proven Strategies

Repair your attitude
with positive self-
talk.



Proven Strategies

Become proactive.



Proven Strategies

See change as
opportunity.



Proven Strategies

Surround yourself
with positive
people.



Positive Attitude

Your Action Plan



What Will You?

- Start doing?
- Stop doing?
- Keep doing?



Positive Attitude

Additional Resources





Additional Resources

- *Negative Self-Talk and How to Change It* by Shad Helmstetter
- *Positive Mental Attitude* by Claire and Ralph Moody
- *The Power of Positive Thinking* by Norman Vincent Peale
- *Learned Optimism* by Martin Seligman

Positive Attitude

Best Care EAP Can Help!



Best Care EAP Can Help!



Counseling



Training



Health and Wellness

Best Care's Services are...



Cost-Effective



Customized



Confidential

Just a Call or Click Away!

→ 402-354-8000

→ 1-800-801-4182

→ www.bestcareeap.org

- Member ID: bcCODEe
- Password: CODE

