


Safety-Gram



Volume 16, Number 10

October 2015



“ATTITUDES ARE CONTAGIOUS, IS YOURS WORTH CATCHING”?

Our attitudes influence our actions. Every day is your day and you have complete control over how you decide to view what is happening in your day. Make your days the way you want them to be by making them fun, energizing, happy, safe and enjoyable.

Take a look at yourself. Would you want someone to have your attitude? Are you generally happy, optimistic, and enthusiastic about life or are you generally frustrated, pessimistic, and bored with life? **It is true that ATTITUDES ARE CONTAGIOUS!** Think about that one person you know that can walk in a room, make everyone smile and celebrate their arrival. Now think of the person that comes in and gets blank stares because you know that they are going to bring the mood of the room down. Ask yourself, “Which person am I”? If you feel frustrated with your life take a second and think as to why you may be feeling this way. Maybe it is time to think about your purpose, values and beliefs and begin reconstructing your life? Wouldn't it be great to have an attitude everyone can admire?

- **Focus on developing an attitude of gratitude, look yourself in the mirror every morning and decide for this whole day ahead, you will share the positive side of every situation.**
- **Welcome challenges as opportunities to test your positive attitude. Your attitude can affect your personal and professional relationships.**
- **Some people can brighten up a room when they walk into it...others have the same effect when they walk out of a room! Decide which person you would rather be?**
- **Life is 10% of what happens to you and 90% of how you choose to deal with what happens in your life.**



Attitudes are contagious, let yours be a positive energizing one that everyone wants to catch. IT'S YOUR CHOICE!!!