

## But-Out

When you see someone with a great attitude, you know it. It is in everything they do, from being optimistic, to exuding genuine enthusiasm in their actions and words. People with great attitudes approach life as a classroom, with curiosity, passion, and humor. They cultivate an inner belief that they control their life and that they choose their response to their surroundings. Everyone wants to be around someone who is positive; they tend to exhibit kindness towards others more frequently.

Using the sheet on the following page, write down three 'Buts' that you believe are preventing you from actualizing your full potential right now (personally or professionally). Write everything, no matter how small or insignificant it appears. (this can be done as a solitary or group exercise) Reflect on your answers or, if the groups is comfortable, have a conversation about those "Buts".

“Attitudes are contagious. Are yours worth catching?”

– Dennis Mannerig

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## “But Out!” of Your Own Way

Kindness must begin with ourselves. Although it seems sometimes that the “buts” in our lives are out of our control, they are, more times than not, excuses we make up in our minds. Self-reflection is the key to acknowledging the ways in which we stop ourselves from actualizing our best intentions. Name some of your *buts* and then set a goal to get out of your own way.

#1 “But” \_\_\_\_\_

\_\_\_\_\_

#2 “But” \_\_\_\_\_

\_\_\_\_\_

#3 “But” \_\_\_\_\_

\_\_\_\_\_

Try the same exercise as a team.

Resource: *Compendium12* by Olivia McIvor