

CAN

ATTITUDE

AFFECT

YOUR

QUALITY OF

LIFE?

You are not at your best

Gives you no sense of achievement

Limits your potential

NEGATIVE

Makes you feel worthless

Controls your life negatively

Sucks all your energy

Gives a sense of wholeness

Removes fear to try new
challenges

Gives you a sense of purpose

challenges

Helps you achieve goals

Stirs up energy

POSITIVE



Gives you a happier outlook