The Garbage Truck Comes

On Tuesdays and Fridays

***Negative attitudes defeat the human spirit and destroy group morale. Victorious people cannot afford the luxury of even one negative attitude. Whether caused by stress, difficult people, disappointing news, illness, or major life changes, we must be vigilant to neutralize negatives and stay focused on the positives. The following six* *suggestions are powerful weapons to use in this endeavor!***

**1. Change your perspective!**

 **A. Focus on the positives**

 **B. Change your vocabulary**

 **C. Let go of the negatives**

**2. Adopt the “Golden Rule!”**

 **A. It’s a law, not just a rule**

 **B. Apply the principle of sowing and reaping**

**3. Maintain good self-esteem!**

 **A. Invest in important relationships**

 **B. Perform good deeds**

**4. Laugh a lot!**

 **A. Laughter is medicine for the body and soul**

 ***B. Blow A Bubble Not A Gasket!***

***(101 Ways to Reduce Stress and Add Fun to Your Life!)***

**5. Assume responsibility for your feelings!**

 **A. No one can give you a feeling**

 **B. Throw yourself into another activity**

**6. Practice the magic of “acting as if!”**

 **A. Actions produce feelings**

 **B. Persevere; never give up**



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(A book by this title may be ordered from Amazon or any book store.)