



working well

## ENJOY A NEW VIEW

- Surround yourself with optimistic and upbeat people.
- Substitute positive thoughts for negative thoughts.
- Help others.
- Use humor when appropriate.
- Smile.



# Turn NEGATIVITY Around

A positive attitude is one of your best tools for getting the job done. Recognize negativity in yourself, examine why you feel this way and take responsibility for your actions. Now focus on the positive and give your attitude a tune-up.