

The Power of Attitude

Exercise 7: Making A Deeper Assessment of Your Attitude

Procedure

- 1. Relax.** (See the exercise entitled "Creating a Container for the Work" above.)
- 2. Reflect.** From a calm, clear, centered place, ask yourself the following questions. Read each question and note the thoughts, sensations, and emotions that come up. Enter your notes here or in your learning journal for easy retrieval later.

What attitudes will be necessary for you to start and grow a good business?

What will you have to do to develop those attitudes?

Choose one attitude to work on. Describe it as it is now.

Describe it as you would like it to become.

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Brainstorm some steps to changing it.

To make these changes, execute the following process:

3. Choose one step at a time to work on.
4. Find someone willing to actively listen as you report your plan of action.
5. Set a reasonable time frame for completion.
6. Do it! and report back to your active listener.
7. Give yourself a reward.

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