

8 TIPS TO HELP CREATE A POSITIVE MENTAL ATTITUDE

1

REMEMBER THAT YOU ARE POWERFUL

What we are is far greater, far superior, far more important, and far more mysterious than our conceptual mind tries to define.

2

CHOOSE TO EMBRACE LIFE

Let go and embrace the moment, whether it contains an obstacle or an opportunity. Stop fussing over trivial matters and start focusing on what's really important to you.

3

YOU GET TO CONTROL YOUR REACTIONS

We create our outside reality by the thoughts and beliefs we maintain about life in general. What we believe in our inner world, we see in our outer world—not the other way around.

4

KNOW THAT NO ONE IS BETTER QUALIFIED

No matter what anybody says about you, it doesn't hold any significance to who you truly are unless you identify or agree with them.



Positive Mental Attitude Questionnaire For Students

Glynis Hannell



Positive Mental Attitude Questionnaire For Students:

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