



*Benita Stafford-Smith* Author, Coach and Speaker

## **Six Steps to a Successful Attitude: Attitude Really is Everything**

In this workshop you will learn the Six Steps to a Successful Attitude and discover a better way to live.

### *Six Steps to a Successful Attitude*

1. Develop awareness
2. Take responsibility
3. Change what we can
4. Let go of what we cannot change
5. Decide to “be happy”
6. Continue to “be happy”

Using a coaching tool called the “Clean Sweep” assessment, you will take stock of ten areas of your life—family/relationships, career/business, money/finances, joy/delight, effectiveness/efficiency, personal foundation/responsibility, self-care/wellbeing, happiness and pleasure.

You will then learn how to “Clean Up” your life using the next three steps.

Step five introduces a new way to think about life provided by author Neale Donald Wash, the “be-do-have” model of living.

In Step Six you will establish “10 Daily Habits” to ensure your ongoing success in keeping a positive mental attitude and living a better life.