

A+ Workplace Attitude Posters

Helping people reach their potential

Boost Your Self-Esteem

Creating positive, healthy thinking on your way to overcoming life's challenges on your way to learning and achieving becoming your best.

Attitude Specialist



Your playing small does not help the world—Nelson Mandela

- * Stop comparing yourself with other people
- * Stop putting yourself down
- * Take advantage of workshops, books and cassette tape programs on self-esteem
- * Make a list of your positive qualities
- * Use affirmations to boost your self-esteem
- * Associate with positive, supportive people
- * Make a list of your past successes.

Being myself includes taking risks with myself, taking risks on new behaviour, trying new ways of 'being myself,' so that I can see how it is, I want to be—Hugh Prather

A positive attitude is the right attitude.

www.attitudespecialist.co.nz

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