



CPC FACT | POSITIVE THINKING IS A CPC FACT

ATTITUDE IS A CHOICE | BY CHANGING OUR ATTITUDES, WE CAN CHANGE OUR LIVES



Focus: Focus on positive thoughts, you really have two choices, you can choose to be positive or negative, you can be a victim or victor, pessimist or optimist, polite or rude, work and drive safe or reckless, yield in traffic or not yield, Utilize Smith System driving concepts or not and follow all procedures or not. Focus on being positive, not garbage into the mind and garbage out.

Anticipate: A good attitude begins with self-awareness. Self-awareness allows you to be aware of your emotions and attitude is the first step to self-control. Anticipate the angry motorist or upset customer and their behavior and how you can turn them toward the positive. Having a positive reaction such as kindness and or politeness when subject to these situations usually works best.

Correct: Several times a day, take a moment to analyze your thoughts. Are you positive or negative? If negative, reframe from the situation in more positive terms or thoughts.

Talk: A positive attitude is contagious. Help others (coworkers / customers) who may be having a difficult day or situation. A good deed is positive reinforcement for your subconscious mind which feeds your positive attitude.

