

Frequently Asked Questions for the Power of a Proactive Attitude

Q: Is changing my attitude a positive attitude really that important?

A: Maintaining a positive attitude can have a variety of benefits, including:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Q: Life can really be challenging. Is it possible to develop and maintain a positive attitude, even though I am going through extremely difficult times in my life?

A: Absolutely! You have control over your attitude, and have the ability to remain positive in any situation. And

remember – it’s during the most difficult and challenging events in life that a positive attitude is the most important.

Q: I often find myself feeling ____ (burned out, sad, upset). Will changing my attitude help change the way I feel?

A: Yes, but emotions are difficult to change directly (consider the act of forcing yourself to be happy, even though you are feeling sad...how would you accomplish this?). Luckily, our thoughts and behaviors are tied into our emotions. By changing the way that you think and the way you act, you can make changes to the way that you feel.

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Q: There are so many things that I would like to pursue in my professional career, but I’m afraid of failing or making a mistake. What should I do?

A: Life is full of possibilities and opportunities – all you have to do is grasp them! To do so, you must have courage in the face of fear. Some of the steps you can take to change your thinking are listed below:

- Realize that you are a valuable employee, and have something important to contribute.
- Understand that everyone makes mistakes ...why should you be held to a higher standard?
- View failures and mistakes as opportunities for learning and growth. Understand that you are a better employee when you make a mistake and learn from it, than never making the mistake at all.
- When you make a mistake or fail at a task, say “I had a terrific mistake!” or “how fascinating!”. By changing the way you think and behave, you are taking steps to improve the way that you feel.
- List some of the mistakes you have made in the last few months. Reflect and determine what you have learned from each of the mistakes.

Q: I sometimes doubt myself and my abilities, and often talk myself out of taking risks that I would normally take. Is there a way to get rid of negative self-talk?

A: You may want to consider some of the following questions and options when thinking about negative self-talk:

- Consider some of the negative things you tell yourself...would you say these things to your closest friend or coworker? If not, why do you say these things about yourself?
- When negative thoughts arise, acknowledge its existence, but don’t acknowledge it as an important thought that deserves your time and consideration. For example, say “Thank you for sharing, I’m busy”.



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