

Your Attitude

A Weapon of Hope™



Guidebook

“I Choose the Power of a Positive Attitude”

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Module 6: Attitude is Your Battle Changer

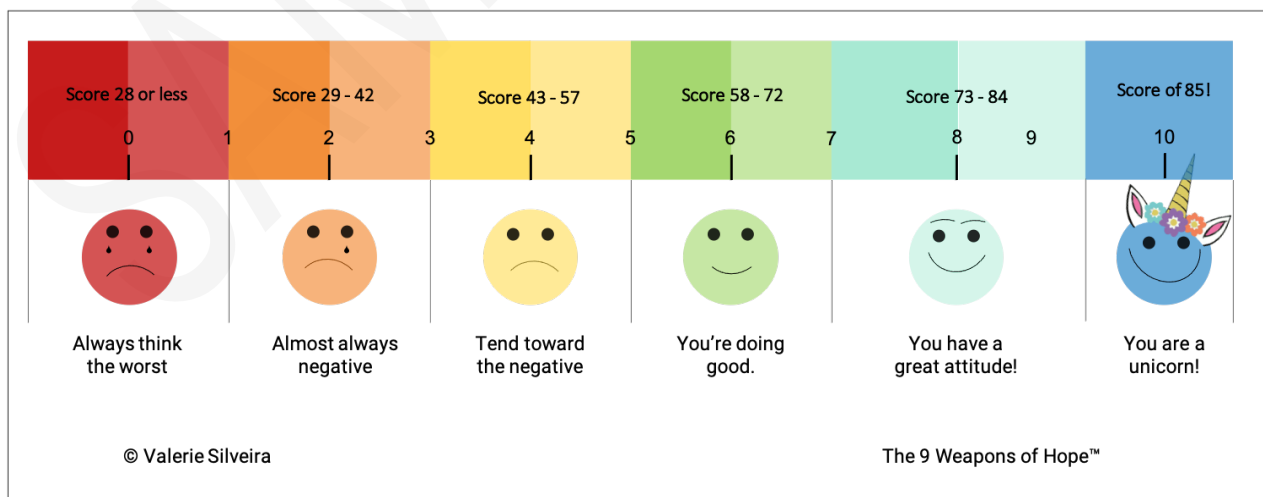
□ **Watch “Attitude is Your Battle Changer”**

There is something in your control that acts as a weapon, with the potential to affect countless people. In the hands of the wrong person, this weapon is a toxic contagion, infecting everyone it comes into contact with. It cannot be contained or locked in a vault to avoid infection. The only way to stop this noxious virus is to alter it. It is your attitude.

Negativity doesn't take a great deal of effort; most people tend to lean toward negativity. If you want to stay in the negative attitude zone, you will have plenty of help. You need only to watch the news, read the paper, or talk with your neighbor. Truthfully, you don't have to turn on the television, pick up the paper, or leave the house. It may be as easy as listening to your own thoughts.

Let's begin with measuring your general, overall attitude at present. Even the most positive people never make it to a ten, or 100% (unless they are a unicorn). It would be good practice for you to take another measurement at the end of the course or at any time in the future.

□ **Download and take the Attitude Inventory Assessment & rate yourself.**



Misery does love company, so finding an exit from a Pity Party will prove challenging. In contrast to the warm welcome, few people will help you locate the exit door. The closer you get to leaving, the more resistance you will have from the other attendees. If you find an exit, it will be a small, unmarked door at the end of a maze. It is crucial for your new attitude that you locate the nearest exit sign, run for the door. Better yet, decline the invitation to attend in the first place.

If you find yourself at a Pity Party, run for the door.

Victimland

In the video, I described the imaginary Victimland. It depicts just how enticing it is to live in the powerless world of victimhood. It also explains how deadly it is to remain there.

People become *victims* for many reasons and are not always connected to a legal case. Victimhood can even be self-imposed. Becoming a victim may not have been your fault, but remaining one is your choice. Cross back over the border from Victimland and don't look back.

- Will you commit to becoming a former resident of Victimland? If so, write down your commitment here:**

Becoming a victim may not have been your fault, but remaining one is your choice.

Module 9: Words Have Power

□ Watch “Words Have Power”

We wield tremendous power with our words. They can lift people to incredible heights or tear them to shreds. Words can hurt, harm, hinder, or humiliate. They keep people in shame and guilt, diminish their confidence, or make them feel unworthy. Words can also be music to somebody's hurting heart. With them, we can inspire, motivate, and empower. Yours could be the only positive, uplifting words one hears all day.

The Logic of a Negative Thinker

Disappointment is a part of life. If we live with hope, anticipation, or have dreams, we will be disappointed at times. My childhood was filled with disappointment, which led me to a self-protective way of thinking, which I refer to as “the logic of a negative thinker.”

My philosophy was that if I thought the worst, I would never be disappointed. If something good happened, I would consider it a bonus. Not only did I begin to live by ridiculous thinking, but I am horrified to admit I shared it with anyone who would listen.

Negative thinking may help to avoid disappointment, but it sure is a waste of a lot of time. Consider the number of hours, days, weeks, months, or even years in between disappointments that you were filled with destructive, self-defeating thoughts, holding your breath, waiting for the worst to happen.

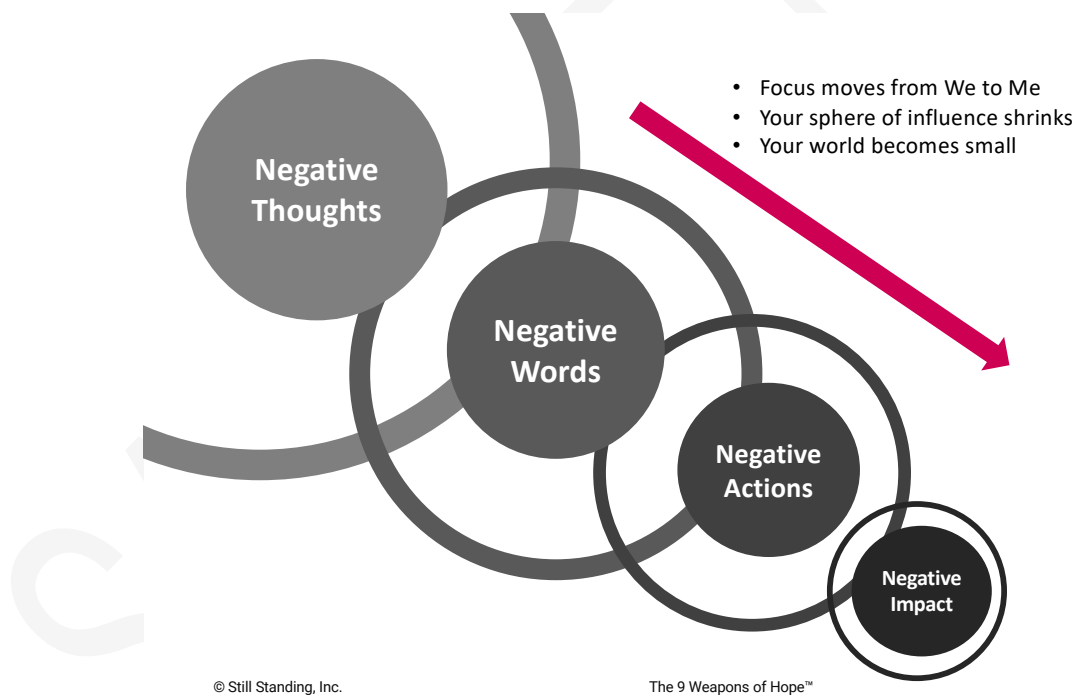
Not to mention, we tend to attract what we put out, so it shouldn't come as a surprise when negative people flock to our negative mindset. If you subscribe to the logic of a negative thinker, you need to shift your mindset ASAP. Some of the other Modules in this Weapon of Hope™ will help you do just that.

Module 10: Disrupting Negativity

□ Watch “Disrupting Negativity”

Negative thoughts lead to negative words and actions. To quit a habit, we have to first be aware of it. Often, a negative attitude becomes so ingrained in us that we don't realize how habitual it has become. Worse than impacting ourselves, our attitude affects others.

When negative thoughts set in, negative words follow, and then actions. You wind up in a small, self-centered world where your sphere of positive influence shrinks. The downwards spiral moves you from a “we” mentality to one focused on too much “me and my problems.”



When we think and speak words of encouragement and hope to ourselves and others, our thoughts and statements translate to positive actions and are beneficial to ourselves and others. Your world gets bigger. Recall my story about my friend’s dad, Ron, from the last Module? He is the first motivational speaker I heard, and he wasn’t in a large auditorium but instead in the kitchen

- **Why did you choose this word?**

Here comes the potency in this exercise: **Speak your word out loud!** There is power in the spoken word, so say your Disruptor Word out loud whenever possible, as it will be far more effective in interrupting your thoughts or comments. This first step in making new thought patterns is critical, but it will create a vacuum if you don't replace the negative and self-defeating thoughts or words.

- **List some of your current thoughts and statements. Once you use the disruptor word, what you will think or say instead.**

Negative Thoughts & Words	Replace Them With

Now that you have identified some alternative thoughts, the real power in this exercise, the same as with your Disruptor word, is to - **Speak them out loud!**

Module 11: Negative Crap List

- **Watch “Negative Crap List”**

We could toss many big words and psychological terms around, but let’s get to the bottom line. Much of what we tell ourselves is a bunch of crap! Remember, the more we hear something, the more we tend to believe it.

At some point, you have to stop agreeing with the lies. Getting together a Negative Crap list will allow you to put all of your junk onto one piece of paper (or more).

- **Use a separate sheet of paper to write down all of the negative “crap” you believe about yourself. Think of everything you can – all of the garbage that is keeping you trapped in *stinkin’ thinkin’*.**

This next part is the power move.

- **Take your list and shred it! (I would say to burn it, but I don’t want to be responsible for you burning your house down.)**

If you don’t have a shredder, tear it into tiny pieces of paper and toss it in the trash. You don’t need it anymore. I would tell you to burn it, but I don’t want you to burn your house down. 😊

When these beliefs come creeping back in, remember the sound of the shredder or the torn paper.

- I highly recommend that you use all of the **9 Weapons of Hope™** as their combined synergistic nature is incredible.
- Use the **Resources Plan** to keep moving forward.
- Link arms with other warriors in our **community** where you can give and receive further support and encouragement.
- **Stay connected** with me so you will know about podcasts, blog posts, updates on courses, events, and more.

You are not alone in this journey. It is my honor and privilege to stand with you. Your story matters, so live it courageously.



Valerie
Silveira

Your Attitude Declaration

Make a commitment to yourself, something you can refer to when the going gets tough. It will be an agreement with your current self and your future self that you will persevere.

- Complete the Declaration below, confirming your commitment:**

I _____ commit to changing my attitude.

I choose the power of a positive and hopeful attitude. I will speak words of hope and encouragement over myself and others.

I refuse to attend or host pity parties and will stay away from Victimland.

I will use my Disruptor Word: _____

to stop self-defeating thoughts and words in their tracks and will replace them with those that are positive and uplifting.

I hereby Choose the Power of a Positive Attitude.

Signed

Date

- Read it out loud and often until you are believing and living it.**