



*Capacity Coach*

*Coaching to the Core of Your Dreams*

## 10 Tips to Give Your Attitude More Altitude

*By Coach Pat Gayman*

### 1. Journal

- Just get a simple spiral notebook and write about today, about yesterday, about your feelings, your thoughts, your dreams, your fears. Treat your journal like your best friend who never gets bored or judges you.
- If you don't like to write then get a small tape recorder and mind dump into it.
- Keep it to yourself but if you think someone may feel compelled to read it then keep negative remarks about others out of it.

### 2. Move & Breathe

- a. Enjoy your body. Do Tai chi, yoga, dance, walk in nature, play.
- b. Exercise and get some endorphins flowing.
- c. Take some deep breaths. Inhale fully (clear down to your diaphragm), hold the breath for a second or two then exhale fully (blow *very* gently like a gentle sigh.) Let your shoulders drop away from your ears.

### 3. Take yourself lightly

- a. Laugh.
- b. Sometimes be silly on purpose.

### 4. Meditate

- a. There is no one right way. Just sit silently, chant, listen to a tape or soothing music. 5 minutes or 20 minutes – any time you quiet your mind you come closer to hearing your own inner wisdom.
- b. Let the incessant mind chatter die down.

### 5. Use affirmations

- a. Always in the present tense: I am, *not* I will.
- b. Always in the positive: I take action, *not* I will stop procrastinating.
- c. Write your affirmation on 10 post-its or slips of paper and put them every where like in your sock drawer, on the front of your computer, inside a cabinet you frequently use, on the dash of your car, on the wallpaper of your phone, etc.

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**6. Visualization**

- a. What you want your day to be like.
- b. Be detailed.
- c. Get emotional.
- d. Mentally rehearse this picture.

**7. Watch your language**

- a. Use words and phrases that support a good attitude.
- b. Put a rubber band on your wrist and snap it every time you make a statement that sabotages the very thing you are seeking to change.

**8. Look for what's right**

- a. Make a what I *did* today list.

**9. Keep a gratitude journal**

- a. Remember to include gratitude for your own skills.
- b. Celebrate behaviors and feelings that are helping you create new habits.

**10. Be present in the moment**

- a. Ask yourself if right here, right now there is any reason for anything less than a great attitude.
- b. If the answer is yes, ask whether it helps for you to have a 'down' attitude.
- c. If not then choose to live today with gusto.