



Life Enhancement Coaching Challenges for Self Advancement

HOW TO HAVE A GOOD ATTITUDE ABOUT DOING THINGS YOU WOULD RATHER NOT DO. Most people think that they do certain things that they would rather not doif this include you, then here is a way to look at things from an angel that lets you have a good attitude, and the benefits this brings. List 4 things you do that you would rather not do. Three things you 'have to' do, or the things 'they' make you do.

- 1
- 2.....
- 3.....
- 4.....

Now using a pencil so you can erase and re-use this sheet 4 times, fill in the blanks with the next consequence until you get to the absolute ultimate very worst scenario at the space marked 'L' (or sooner), **then, and only then**, complete the realization statement at the end.

Something I do that I would rather not do is(call this 'a')

and if I didn't do it, this is what would happen (call this 'b')

and if I didn't do (b) then this is the next worse thing that would happen (c)

and if I didn't do (c) then this is the next worse thing that would happen(d)

and if I didn't do (d) then this is the next worse thing that would happen(e)

and if I didn't do (e) then this is the next worse thing that would happen(f)

and if I didn't do (f) then this is the next worse thing that would happen(g)

and if I didn't do (g) then this is the next worse thing that would happen(h)

and if I didn't do (h) then this is the next worse thing that would happen(i)

and if I didn't do (i) then this is the next worse thing that would happen(j)

and if I didn't do (j) then this is the next worse thing that would happen(k)

and if I didn't do (k) then this is the next worse thing that would happen(L)

OOOHH !!!OUCH !!! OUCH !!! OUCH !!!

Therefore I choose to do (a)Rather than have to deal with

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I do hope that you will experiment to see if there is something here that you can use for your own advancement. Use me every few months as a reminder that you really do have choices about what you do ...and, to avoid the imagined consequences, everyone chooses to do things they would rather not do. So, to feel good, try choosing a good attitude also - you can. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net