Practicing a Positive Attitude

Topic:
*Practicing a Positive Attitude* will help your son/daughter develop work-related skills within the home and the community that will aid in job success as an adult.

Overview:
“Misery loves company, but joy, true joy requires it.” (Author unknown) Joy is a practiced attitude and benefits everyone in any environment—including and especially in the work place!

Outcomes for your child’s transition development:
This activity encourages practicing a path of positive attitude together in natural conversation and in natural environments.

Activity Directions:
1. Use the following suggestions and discussion starters or create your own opportunities in authentic situations to join your son/daughter in a rampage of appreciation.
   a. The best thing about work is . . .
   b. What I love the most right now is . . .
   c. My life feels the best when . . .
   d. Here’s what makes me smile . . .
   e. I get a kick out of myself when I . . .
   f. Here are some reasons I love myself . . .
   g. The best day of my life so far . . .
   h. This feels really easy to me . . .
   i. My best qualities are . . .
   j. I am taking control about . . .
   k. I feel very clear about this . . .
   l. I appreciate . . .
   m. My best feeling or thought about myself (life, work) is . . .
   n. I am excited about . . .
   o. This is what tickles my funny bone . . .
p. Let’s go through the alphabet one letter at a time and think of the most positive, best-feeling word that starts with that letter.
q. What family member (or friend) do you feel best about right now and why?
r. Let’s think of something to laugh about.

2. Together, choose a “morning mantra”—a positive feeling word or phrase that you can say to yourselves in the morning when you realize you’re awake. Here are some examples:
   a. I’m awake! I can have the best day ever.
   b. I’m awake! If this was the best day of my life, this is what it would feel like: laughter, appreciation, fun, surprises, delight, clear-headed, ease and flow . . .

3. Share the results of your intention to be positive with each other throughout the week or month.

Ways to either Simplify or Increase Complexity:
Ideas for Simplifying Activity
N/A

Ideas for Increasing the Complexity of the Activity
N/A