

Maintaining Positive Attitude tip #1:

Make the BEST of what you are experiencing now! (...No matter how bad it is!)

A close friend of mine is suffering terribly in a job she positively hates – it is not her dream job, she's being asked to do FAR more than her job title, authority, or pay justify, and, because they are short-staffed, she is required to work an additional 10-20 hours per week!

Even her body is rebelling, as she is getting sick every other week (and that is NOT typical of her at all). The worst part (as if that isn't enough) is that she is taking classes and putting in time after work to support herself in building a business of her own, something she is very committed to, but all the extra hours at her current job are making it very hard for her, and making her very depressed!

Many of her friends are encouraging her to just quit her current job and find something that is less stressful, or at least something that is closer to what she'd really like to be doing... But, for her, that feels even MORE stressful than staying for another 4-5 months and sticking it out. So what's the poor girl to do???

Luckily there are NO wrong answers, and whatever she chooses to do, it will inevitably be the right thing for her to do when she looks back on this situation in hindsight.

Also, there is great power in making the best of a bad situation – making peace with it as it is – BEFORE leaving it! ...Because, in most cases (not one where physical danger is involved of course!), but MOST cases, if we leave the situation without cleaning up our own resentful feelings about it first, we will inadvertently attract a similar experience in our next situation! ...Sad, but true.

So, in an effort to help my friend to make the most of her crappy job, and to help YOU make the most of a depressing, boring or frustrating situation you may be in until you are able to get out of it, try answering the questions on the next page.

Print out this exercise and write out the answers to the questions. After giving each question a moments thought, write the first answer that comes to mind, unless it is "I don't know". ...Any form of a non-answer won't help you at all. If you feel stumped for an answer, think about how someone who knows you really well might answer on your behalf – what would *they* say that *your* answer might be? Stick with each question until you have at least one solid answer, preferably more. You can also add to it later.

This exercise is designed to help you turn your attention to what IS good about the situation you are currently in, so try to keep your answers focused on good stuff...

Take a minute to think about what you wish you were doing for work/career right now, or what you would love to be doing in 5-years time... What is your vision for your dream job 5-years from now (realistically – we'd all love to be retired, but only put that down if it is actually REALISTIC (barring surprise windfalls!))?

...Or, if you could wave a magic wand right now, and magically transport yourself into a job you might love – what would it be?

Briefly describe it here:

What are some of the skills that you **will be** using at that "5-years-from-now" or "dream" job scenario? List skills that you already have in abundance as well as skills that you will have developed more fully by then... List at least 5 – 10:

What are a few character traits or habits that you have, that you would ideally like to be better at when you are doing your "5-years-from-now / dream" job scenario?

Now, bringing your attention back to the current day, and the situation you are currently experiencing at your workplace (or lack thereof), in whatever the current situation may be, brainstorm and **list ANY benefits you are receiving while at this job.**

Don't forget to list salary (paltry though it may be, if it is not nothing, then list it as a benefit!) and also list things like friends, schedule, healthcare benefits, and stability, not having to do some tasks you hate (because they have other employees to do them!), flexibility, autonomy, ease of tasks, etc. List ANY and ALL benefits you can think of:

What duties do you have now, or at your current work, that you like, or even **kind of like** – even if it is just the satisfaction of elegantly creating a spreadsheet without errors, or talking to a funny customer every other Wednesday?

Now, on to the really good stuff! While comparing your current job/work situation to your "5-years-from-now / dream" job scenario, brainstorm on the idea that while you are "putting in your time" now, you are actually developing skills for your future dream job... **What skills are you currently developing?** (...Even if you may not like the process!)

What are **some things you are learning** while doing the job you are doing now?

What are you learning that could **come in handy** or be useful in the future?

What relationships, friendships, and/or alliances are making/cultivating now that you would hope or intend would stay with you as you transition on to your future plans?

Who are the people that you can look up to, admire, or learn something from while you are still in the work/career situation you are now in?

What opportunities do you have/can you make NOW, whether inside or outside of the job you currently have, to **start to gather** the knowledge, relationships, and skills that you might need in your future plans (your "5-years-from-now / dream" job scenario)?

What knowledge have you acquired, projects have you worked on, or skills have you cultivated in the jobs you have had up to now (including your current situation) would you include on a "summary of past experience" highlighting your suitability and experience for the work you intend to do in the future?

In other words, what "turning point" experiences, lessons, insights, and opportunities have you had in your life, which have contributed to YOU being the perfect person for your "5-years-from-now / dream" job scenario? What key points would you list?

What insights about yourself and your own motivations and desires are coming more clearly into focus based on what you are now experiencing in your current life situation?

...What are you learning about:

What you love to do and why you enjoy it?

What you would prefer to do instead of that which you don't currently enjoy?

What **DO you value** about where you are now – in life, in your career, in your lifestyle?

...The most important thing is to continue to take good care of yourself no matter where you are – and that starts with actively appreciating what you DO value!

Make a list of everything you DO appreciate and value about yourself and your life – **exactly as it is** right NOW:

Read over your answers to all of these questions whenever you find yourself feeling frustrated with your life - **ONLY YOU** can influence what you put your attention on!

...Your attention/attitude creates what you attract through the Law of Attraction, so keep it focused on the good stuff as much as possible! You CAN do it – YOU have the power!