

Attitude

To have a good attitude towards others first you have to have a good attitude for life. One of the best things to have a good attitude for life is to have something to look forward to. This is a simple exercise to help with that.

Make a list of things you look forward to in life. They can be big things like owning your own home or taking a trip across the world or they can be simple things like wanting to see next action packed adventure movie, Thanksgiving at grandmas, or even just the next sunrise.

Take this list and put it someplace where you can see it every day. Change the list as new things come into your life and mark off the things that have already been accomplished. Share list if you wish or keep it private. Every time you look at the list it will give hope and help you see life as a good thing.

Seeing life as a good thing will help change your attitude towards life which will change your attitude towards each other. As you see the good in life you see the good in others. Seeing the good you then work consciously or sub- consciously to making life good for you and others.

This exercise is not just for the students. The teachers can also benefit from this. It may even help the students if you put some of things you look forward to on the walls of your room and help them show some good things in life.