



# ATTITUDE

An inward mindset and feeling expressed by behavior.

**Positive vs. Negative**

**“What attitude are you choosing?”**

**BODY SOCIAL MIND SPIRIT**  
PLAY HARD TOGETHER SMART TRUE



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**PLAY HARD TOGETHER SMART TRUE**

**Dinner Discussion**

Bringing families together to discuss the importance of character.

**ATTITUDE**

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**Quotes**

*“A rotten attitude can ruin a team.”*

*“I am convinced that life is 10% what happens to me and 90% how I respond to it. And so it is with you...we are in charge of our attitudes.”*

Chuck Swindoll

*“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”*

Proverb

**DEFINE IT**

Discuss the definition.

An inward mindset and feeling expressed by behavior.

**OUTCOME: “You are positive.”**

**DESCRIBE IT**

Discuss the positives and opposites.

<i>Positive</i>	<i>Opposite</i>
Positive	Negative
Gratitude	Selfish
Contagious	Cancerous
Effort	Dogging it
Coachable	Inattentive

**DEMAND IT**

List three areas that demand you use this CQ.

**DEMONSTRATE IT**

1. Discuss the question: “What attitude are you choosing?”
2. “How will you demonstrate this CQ in your daily life?”