

TRUE CHARACTER



A Balanced Approach to
Character Development

Positive Attitude – Teens & Adults

Name: _____

This month we are talking about having a positive attitude. Having an optimistic viewpoint when thinking, feeling, or acting is showing that positive attitude. What we say when we talk to ourselves matters, especially in the face of challenges. Think about a goal or challenge and think about your attitude. How does attitude affect your results?

My Goal: _____

Thoughts:

Actions:

Feelings:

My results when I think positively:

Who is a positive influence on your life?

