



# Setting Attitude Goals Worksheet

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**Attitude Goals**

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*Success and Happiness in Life are Based on Attitude*

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*Where Are You With Your Attitude?*

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*Should You Worry?*

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*Positive Expectations*

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*Thought Stopping*

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*Positive Loading*

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## Attitude Goals and Techniques

<b>Techniques</b>	<b>Attitude Goals</b>		
	#1	#2	#3
<i>Counter Punching</i>			
<i>Counter Imaging</i>			
<i>Thought Stopping</i>			
<i>Positive Loading</i>			

