



Accentuate the POSITIVE Activity

Attitude is contagious. When your attitude is positive, the things you say cultivate positivity. When your attitude is negative, the things you say cultivate negativity. Both positive and negative attitudes affect the whole team. One builds it up; the other tears it down.

The way you say things makes a difference. The words you choose, and the tone you use, matter. This activity is designed to help you accentuate the positive.

Directions: Turn the following negative statements into positive, productive statements.

Example: *This report is much shorter than I expected. You had a whole week to work on it!*

Positive Version: This looks like a very concise report. It must have taken a lot of time to boil down all the information. Do you feel confident that everything's included?

1) The client's making another unreasonable demand. They want delivery by next week!

Positive Version: _____

2) Why do I always get all the lousy assignments, and you give the interesting ones to everyone else?

Positive Version: _____

3) Can't you see I'm too busy to do that right now?

Positive Version: _____

4) I can't believe management wants us to start using these new online forms! They're way too complicated.

Positive Version: _____

5) No one ever tells me anything!

Positive Version: _____

6) That new person we hired is completely incompetent. I wouldn't trust him with anything.

Positive Version: _____

7) You've had this for an hour! What's taking you so long?

Positive Version: _____

8) These phones are ringing off the hook, but nobody can be bothered to help me.

Positive Version: _____

9) Today, it's "Be a Star!" Last year it was something else. It's just flavor-of-the month. This too shall pass.

Positive Version: _____

10) What does that guy DO anyway? I never see him working.

Positive Version: _____

