



# Time to Reset the Attitude?

Thriving in Uncertain Times  
Selling “You, Inc.”

## Stinky Attitude displayed

Cranky  
Short  
Frustrated  
Irritated  
Snippy  
Complaining  
Grousing  
Whining  
Assertive  
Hurt  
Whipped  
Longing  
Indifferent

## Which one seems most like your situation?

1. Feel like you are being set-up to fail? Overmatched with requirements?
2. Seems like your opinions don't count? Ideas not values?
3. Not feeling the love and caring? People being harsh?
4. Bored? No adrenaline rush? No surprises?
5. Not enough fun? Stuck? Nothing stimulating going on?
6. To many people around? To much stimulation? Not enough “alone time”?

## Hit the Attitude Reset

1. Identify the root cause of your situation. Non-productive attitudes (stinky attitudes) are all about you. They are a warning sign that emotional needs are not being met.
2. Address the need.
3. Say “I’m sorry” to anyone you may have contaminated with your attitude.