

# ATTITUDE IS EVERYTHING

10 RULES FOR STAYING POSITIVE



**ZOTOS**  
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Adapted from "Attitude is Everything" by Vicki Kitzges

Rule #1. Wait To Worry

Rule #2. Keep An Attitude Of Gratitude

Rule #3. Your Health Is Your Wealth

Rule #4. The Serious Benefits Of Belly Laughs

Rule #5. Joy Boomerangs

Rule #6. Losing The Fight? Write

Rule #7. Keep The Faith, Baby

Rule #8. Learn To Say "No" Graciously

Rule #9. Understand The Power Of Discipline

Rule #10. Surround Yourself With Positive People