

Step Towards Change By Roseann Deal

Keys to Success

- Be grateful for your blessings
- Put forth your best self: smile more, laugh more
- Let go of the past, focus on the present
- Take pride in your work and do the best possible job
- Do an excellent job, every day and in every assignment
- Display a positive attitude and willingness to work
- Change your thinking, change your life
- You are responsible for your career!
- You are responsible for your happiness!

Power Points

1. We are each responsible for how we respond to life's experiences.
2. Every thought we think is creating our future.
3. Everyone is dealing with the damaging patterns of resentment, criticism, guilt, and self-hatred.
4. These are only thoughts and thoughts can be changed.
5. We need to release the past and forgive everyone, including ourselves.
6. Self-approval and self acceptance in the "now" are the keys to positive changes.
7. The point of power is always in the present moment.