



## **Positive Mental Attitude – THE RULES**

**Mental training is one of the most important factors in you achieving your goals and succeeding – in anything.**

Look at these rules each morning to start your day and every night before you go to bed.

The more you stick to these rules the better the outcome will be.

See what a difference it makes.

1. Practise PMA at all times – there's no room for “not in the mood” – use it or lose it!
2. Think positive thoughts – what you want to happen (not what you don't want to happen).
3. Use positive language with yourself – positive self-talk.
4. Use positive language with others.
5. Use positive body language.
6. Be an energy giver not an energy sapper (or mood hoover) – you will reap the rewards.
7. Find the positive in situations – learn something from every situation.
8. Focus on creating your own positive future – keep your future goals in mind - learn from the past – take positive action now.
9. Think positively about what you're “paying” in time, energy and effort to achieve what you want.
10. Remember that you have your own control room.

**YOU ARE THE ONLY ONE  
IN CONTROL OF YOUR THINKING**

*empower – enable – equip*

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