

A FREE REPORT

ATTITUDE 4 SUCCESS



*Half Full or Half Empty
How do you see the glass?*

BY

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SPECIAL REPORT

A Positive Attitude Creates Success

*Half Full or Half Empty
How do you see the glass?*

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Hi There

I'm excited for you. This special report is designed to reveal ideas about having a Positive Attitude to help to create your success.

This stuff works!

I've turned my life around overcome the challenges and continuously creating and living my dreams. Millions of people globally are succeeding having this 'one key' to their success as well.

You can too!

It's an opportunity for you to learn methods to motivate you to create your success.

My life work is to help and teach others.

In this special report you'll find questions to challenge your thinking, ideas and tips to expand your thinking and finally solutions to embed new success thoughts.

I hope you are ready! The world is waiting for your success! Are you?

I hope so! Now, let's get you started on creating a Positive Attitude to create your Success.

Best Wishes

Janice – the lady with nice in her name



Janice Davies

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Negative or Positive How do you see the world?

Your attitude will determine your future. It sounds simple, but it is harder to do. Developing and maintaining a positive mental attitude is determining and controlling your thoughts.

There is negativity and doom and gloom being discussed so it is easy to ‘tune in’ to that type of thinking. With the downturn in the economy, people losing jobs and money, politicians squabbling and selling their policies, sometimes it is tricky to turn your thinking to a position that is helpful to you rather than destructive.

A Positive Attitude – why is it so important?

With over 60,000 thoughts a day, there are lots of opportunities for a few of them to spiral into the negative realm. It then becomes a matter of how to stop them and refocus on the positive thoughts.

Here are some questions to ask yourself

1. Why do you think there are millions of positive quotes in the world?
2. Why do some people succeed versus other people who fail?
3. Why do people listen to tapes and words to programme their thoughts?
4. What are they all trying to overcome to achieve?

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5. Why do you think they wanted to learn how to control their thoughts?
6. Why do you think people try to keep their mind busy with positive thoughts?
7. Do you think they are trying to dull out their negative thoughts?
8. If they achieved....do you think they have succeeded?
9. Do you want to achieve as well?
10. What are your dreams you are not creating?
11. What is holding you back?

I can guarantee one of your key factors is your negative thoughts!

***Attitude is a little thing that makes a big difference. ~
Winston Churchill***

Your goal in life is about becoming yourself.

Not an unhappy you but a happy, fulfilled successful you. Doing what you want in YOUR life. You have to decide **what you want**, then think **about how to make that happen**, then **take your action**.

That is three simple steps to success! We know those people who are positive and optimistic and who can laugh and view the glass half full and not half empty. They are determined to succeed and generally do.

However, for many people life is not quite that easy. If you think of all the famous people in the world albeit movie stars, singers, sportspeople,

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politicians, those people had one thing in common and that was their **positive mental attitude**.

Attitude - What is it?

Charles Swindle wrote this poem and I am certain it has been read by millions of people and it has been downloaded hundreds of times from my website. I include it in my workshops, on my postcards and in my Positive Attitude Training. People display it at work and home to remind themselves as they read it to keep a positive attitude.

Attitude

***Attitude** is more important than facts.*

*It is more important than the past, than education than money,
than circumstances, than failures, than success,
than what other people think or say or do.*

It is more important than appearance, giftedness or skill.

It will make or break a company...a home... a relationship.

*The remarkable thing is we have a choice, every day regarding
the **attitude** we will embrace for the day.*

We cannot change our past.

*We cannot change the fact that other people will
act in a certain way. We cannot change the inevitable.*

*The only thing we can do is play on the one string we have,
and that is our **attitude**.*

*I am convinced that life is 10% what happens to me
and 90 % how I react to it.*

So what is the poem saying? It's not about **what happens** to you, it's about the **90% what you DO** with it.

So you CAN have as much money as you want to generate and you CAN have the lifestyle you want to create. Let's skip into your dream life and think and use your imagination...

Let's start with your ideal personal dream life. Is there certain clothes, hair style, accessories, jewelry, shoes or fitness you wish to have? What is your dream hobby or interests that you would like to include in your life? Maybe its golf, sailing, tramping or knitting, cooking or something else you would like to try. Are you living with the partner of your dreams? Is your relationship with family and friends going where you want? What is your dream job/career/business and are you including those into your life? Are you earning the money and saving for your holidays and retirement? Are you wanting to travel to your dream destinations and have you got these on your goals sheet? Are you living in your dream home and have you got the car you want to drive in? How much on track are you to creating your dream life? (LATER TAKE A PIECE OF PAPER...AND JOT DOWN YOUR IDEAS)

So...if you want can dream your dream life.....let me help you get started with having a positive attitude.

There is a minority of people in the world like Paris Hilton who get handed a silver spoon in their mouth. Even when other people do there is no guarantee

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they will be happy and successful. Think of the number of movie stars children and other ‘rich folks’ children who appear to be addicted to something. I wonder, if they were truly happy, would they need these addictions or are they covering up for something that is missing in their life.

If we come back to learning to **become you is your purpose in life** then these people have got lost even with a silver spoon in their mouth.

So how about the thousands other achievers? Life didn’t just hand them their success. They had to work at creating it. What’s their point of difference? They all had PMA – **a positive mental attitude.**

Have you ever wondered?

- How many games of golf did Tiger Woods play to become the world’s best?
- How many movies did actors appear in, before they become famous?
- How many songs did musicians play before they made a hit song?

We will never know, but I can guarantee they had lots of practice before becoming successful. As well, I’m 100% certain they had to have a positive mental attitude and determination to continue working towards their dreams.

Who are you?

If you think logically your thoughts are not necessarily ‘who you are’.

- Your thoughts are just your thoughts!
- Your feelings are just your feelings!

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- Your actions are just your actions!

They are all separate identities of yourself but combined they make up you and it shows in your success in life.

Here is an example: If you hate your job but you do it because your parents said it would be good for you then your feelings, thoughts and action are misaligned and you are probably unhappy. *Versus:* You love teaching people. You are passionate about it and you become a teacher. Your feelings (passion) your thoughts and action are aligned...and will be happy.

Research on the internet shows that some of the top words people are searching for answers for is topics like: happiness, love, success and attitude. These aren't things you can drive in like a car or something you can hold in your hand, like a mobile phone. In fact the four words happiness, love, success and attitude are either feelings or thoughts. Sure we can see the outcome when people are smiling, hugging, or showing their success with either a gold medal like in the Olympics or a fancy house or lots of money but what's got them there is a positive attitude. They kept going until they achieved what they wanted in life.

Our sports heroes improved their form and visualized achieving the goal and winning the medal long before they actually succeeded. So to focus on the positive is not a new phenomenon.

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A FEW examples when you might need a attitude positive.

Personal

Wanting to be true to yourself....someone wants you to be the ‘old’ you

Have to express yourself assertively....when you are worried

You have said YES to something all your life and really want to follow your own path

Health

You want to lose weight and get fit

You have to change your eating/drinking habits

You experience another health challenge and have to change your lifestyle

Relationships

Your relationship has ended and your dreams shattered

Someone has cheated on you

You can't find a partner to love and who love you

Work/Career/Business

You get fired or lose your job through redundancy or other reasons

You don't get your dream promotion/job you applied for

You dislike your job and just there for the good money

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Wealth/Finances

You are in debt and can't seem to get out of it

You lose your money through finance companies

You want to earn more money that you are presently.

So there's a few of thousands of reasons why you need a positive attitude to help you make change and create what you want in your life.

My Logo

My Logo is based on the @ sign you see on any keyboard and I see a similarity between that and life. You can stay AT one place in your life, never learning new skills and going around and around in one place repeating the same mistakes, 'stuck' in a rut OR you learn new skills and then move forwards and upwards in your life.

When you learn one skill you integrate that skill into your daily life. You remain at that point in your life for as long as you choose. You either get stuck again zig-zagging or progress up or down in life or you learn another new skill.

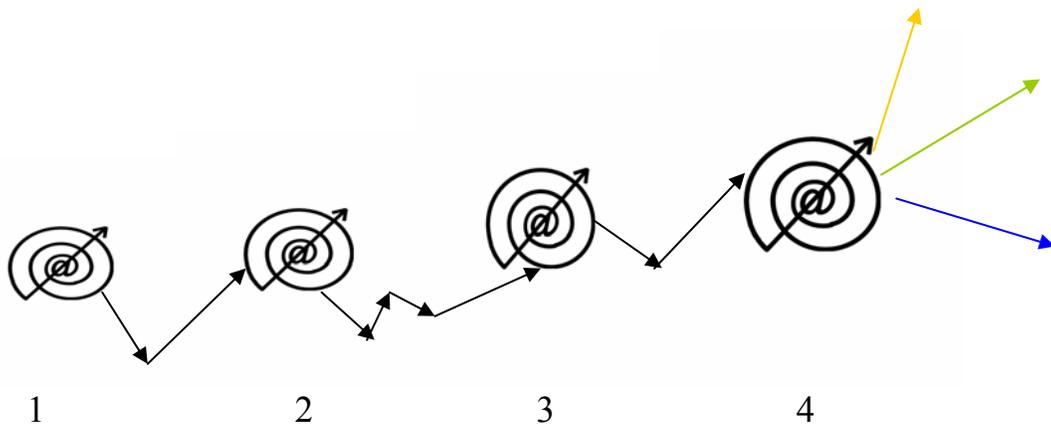
By learning the next skill needed for your success, you master another challenge and move onwards and upwards in your life again. With each

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challenge you overcome, you achieve success and gain momentum in your quest to be ‘who’ you want to be as the **master of your life!** So I view life and our ups and downs like this.

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. ~Francesca Reigler

Let’s look at an example. This is based on @ symbolising a place or level of feeling, thinking and action at a certain point in your life. You are okay then a negative experience happens to you. Either you get stuck in a rut for days, weeks, months or years with the same thinking and in a negative frame of mind OR with a positive mental attitude you search for solutions and create an improved situation in your life. The example is based on four different phases and stages in your life.



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This exercise using happiness based on a combination of your job and money as the example.

*The negatives and positive phases relate to **job and money** as well.*

Stage @1 – You are at school. You have an after school job at McDonalds and have got some pocket money. (Positive)

Phase between - You leave school and start to study. You have got no money and no job. (Negative)

Stage @2 – You get your first real job after finishing your study and start to climb up the job ranks. You have money again and great job. (Positive)

Phase between – Your company merges. You lose your job and you have to find a new one.

Stage @3 – You get a great new job with a bigger company and better money (Positive)

Phase between – Your new company goes off shore. You have to make a decision. Either move with them OR stay and again you are without a job or money. (Negative)

Stage @4 – You decide to stay and not follow the company off shore. You now have lots of choices.

Blue – You hunt for another job.

If you live with fear you may decide to get any other job.

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Green - You get government assistance to live or stay unhappy finding a below paid job.

If you have a negative attitude you may start to feel sorry for yourself.

Orange – You'd love to change your career and follow your dream job.

If you think positive you decide to live your dream life and change careers.

This example shows the differences between how people think and how their attitude determines their future. If you want to create your dreams you need to think positive and make decisions aligned with your values and goals that work towards creating your dream life.

So the question now is do you want more?

- **Happiness**
- **Success**
- **Love**
- **Fun**
- **Money**
- **Time**

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If your answer was ‘yes’ then like the successful people you will need to have a positive attitude. However there is still no guarantee to your happiness. The only way you can be certain is to align your feelings with your thoughts and your actions.

Your feelings are your inner guide or compass which make you feel happy or sad. If you want happiness you need to be doing things in your life that make you happy.

Your thoughts need to interpret your feelings and decide what they mean to you. Then if you want happiness your feelings and thoughts need to be aligned.

With your inner guide and your thinking aligned you can now make a decision about which direction you will take in life which will bring you happiness and success in your life.

There’s a famous quote:

If you don’t know where you are going....any road will take you there.

Life is like that!

If people are unhappy generally it is because they are not living their dreams. They are following someone’s dreams or haven’t the courage to overcome their fears and negative thoughts to create happiness in their life.

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Life presents challenges to you so you have to decide which road you will journey down.

Ask yourself this question and notice the first answer that pops into your mind.

If you had to rate your present level of happiness where would you rate it out of ten?

The reason I asked for **your first** answer is because your logical mind tries to give you reasons why you rated yourself 3 or 5. Thoughts like you can't rate yourself that low or you must be higher than that will pop into your mind. However your emotional mind gave you the correct answer which might be 3 or 5. If you rated yourself as ten you probably would not be reading this, unless you have the incorrect answer.

I don't know how you rated yourself. Maybe you rated your whole life because one area or alternatively a few areas are where you want to make some changes. When you're working towards creating something new in your life you need to be thinking positive thoughts so you are more highly motivated to succeed. That's why a positive attitude is important.

Your life has six different areas that you need to set goals in to have a balanced happy fulfilled life. The six areas are:

- Your Self
- Your Health

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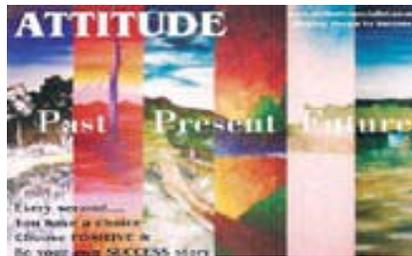
- Your Relationships
- Your Work
- Your Finances
- Your Community

If you want happiness and success in your dream life you will need to discover your values and set your goals accordingly. Then to achieve those goals and overcome your challenges you will need to have a positive mental attitude to succeed.

You can only think one thought at a time so it's important for your success that you to be make a choice and make it a positive one. If you are having 60,000 negative thoughts your actions will lead you to a day of despair or 60,000 positive thoughts will have you bouncing around life, surviving the challenges.

If you are thinking negative one of the keys to controlling your mind is as simple as reading a positive affirmation or book or talking to positive people to stop your mind thinking negatively.

My Attitude postcard reads:



Past, Present, Future, Every second you have a choice.

Choose Positive and be your own Success Story.

You can only think one thought at a time. Make it a positive one!

Consequently, if you want success and happiness you need to be on track. You need to have values aligned goals and positive thinking to create your success, better relationships, health, satisfaction, peace or ultimately your dream life.

"You never know when one act or one word of encouragement can change a life forever." Zig Ziglar

It's great when the words of encouragement are positive then the affect on other person is positive and that person is more likely to have a positive mental attitude. HOWEVER...if the words are negative then the person is more likely to have a negative attitude.

Often a source of our negative thinking is our childhood experiences or alternatively some other negative situation. Eg. Bullying. (This happened to me at high school when I was 15 and it took almost 20 years for me to understand what had happened and the positive action I needed to take to 'get over it'.)

Consequently any experiences that result in negative feelings emotions and thinking can become lodged in their brain. This results in a person having additional challenges with keeping their attitude positive and achieving their goals. Albeit the way they view the world is depicted by this glass...



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Half Full or Half Empty or How do you see the glass?

Half full is more positive thinking than half empty.

Thus positive thinking becomes even more important for people wanting success by concentrating on having a positive mental attitude as they overcome their challenges.

In today's climate people need to remind themselves of this powerful tool of their thoughts about having a positive attitude.

The choice then becomes what you think that leads you to become positive, more successful with your goals and ultimately happier. Positive thinking has your thoughts, words and images focussing on your success. Living with a positive mental attitude means you expects good results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action.

To change from a negative attitude instead of focusing on the problem you need to take a 180 degree spin and start focusing your thoughts on solutions. The longer you think about the problem the longer it will be before you discover your solutions.

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Here's The Attitude Equation

Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants over 100%. How about achieving 103%? Here's a little math that might prove helpful.

If:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then:

H A R D W O R K

8 1 18 4 23 15 18 11 = **98%**

K N O W L E D G E

11 14 15 23 12 5 4 7 5 = **96%**

But

A T T I T U D E

1 20 20 9 20 21 4 5 = 100%.

So focus and solution orientated thinking is about creating your success.

Here's how developing a positive attitude will lead you to happiness and success. YOU:

- Learn to align your values and goals
- Choose to be happy and think positive.
- Overcome your challenges quicker
- Look at the bright side of life.
- Mix with positive happy people

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Read positive quotes, stories and tips
Use affirmations and visualizations
Enjoy life, smile and laugh more often.
Learn to have confidence in yourself

And here are three valid reasons for living with a positive attitude.

1 Positive thinking is infectious, which is why you spend time with positive people.

2 Research shows that people live longer if they are positive, laugh, help others and enjoy life. Endorphins are emitted into your body and you get a natural ‘feel good’ effect.

3 People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success, and you will cause people to like you and want to help you, They enjoy the vibrations that a positive mind emits.

What’s the similarity with all these people?

Eminem
José Manuel Barroso
Angelina Jolie
Paris Hilton
Anna Kournikova
Maria Sharapova
Eminem
Natalia Vodianova
Nicole Kidman

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Yes, you have probably decided they are all celebrities. The other advantage is they would have had a positive attitude to achieve their status. I read that another famous movie star before he was a celebrity would go and sit on one of the hills atop Hollywood, raise his hand to the stars and call out.....some positive affirmations about the types of film roles and the amount of money he wanted to earn. He would certainly need a positive attitude to do that! I am sure he is really pleased now that his hard work has paid off because he IS that movie star and IS earning huge money.

So how are you achieving your dream life?

Are you around positive people and do you avoid negative ones? People are more disposed to help you if you are positive, and the positive people dislike and avoid anyone broadcasting negativity.

Do you have negative thoughts words and attitude? If you do they bring up negative and unhappy moods and actions. When the mind is negative, poisons are released into the blood, which cause you more unhappiness and negativity. This is the way to failure and frustration and disappointment.

Two famous quotes from *Albert Einstein* are:

No problem can be solved from the same level of consciousness that created it.

AND

***Insanity is doing the same thing over and over again
and expecting different results.***

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Your past has created who you are today. It's been based on the decisions that you've made and for most people some have been good and some 'not so good'. It's the choices you've made and you learn more from the 'not so good' decision's you've made.

You've had some failures and some successes and that's okay because that's what life is about....creating stepping stones to your future. The key now to your future success is to release your past, and move onto your future.

You've had experiences, which I call 'critical turning points' in your life. This is where you have had a 'situation' that becomes a turning point for major decisions about your future.

If you have had a major health scare, it may be that you've got to change your diet dramatically and exercise regularly. It's the same with attitude and Einstein's quote says a problem cannot be solved with the same level of thinking. You need new ideas and if you do not learn new ideas, it is insanity to think you can different results with no new information for new solutions.

Developing and maintaining a positive attitude is determining and controlling your thoughts. If you are thinking negative it is a simple as reading a positive affirmation or book or talking to positive people to stop your mind thinking negatively. Answer these questions. Do you -

- 1 Want to be a success and make positive choices?

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- 2 Learn the easy steps of positive thinking?
- 3 Learn to appreciate yourself and past successes?
- 4 Think and therefore feel more positive?
- 5 Achieve small goals as you work towards your dreams?
- 6 Rid yourself of the negativity in your life?
- 7 Create your ideal life in these areas: health/relationships
work/finances/happiness?

If your answer was YES...what are you going to do about it? Will you continue to live a life negative and below your potential or will you decide to join the ranks of those winners and successful people.

Your attitude will determine your future. It sounds simple, but it's harder to do. When you turn on the television, read the newspaper there's negativity being broadcast, so it's easy to 'tune in' to that type of thinking. BUT you have a choice. If you want to have a fun and exciting life...you just do as Nike says...Just do it!

In today's economic situation you may be experiencing a challenge to get back to feeling happy and achieving your dream life. It's about getting your mind, body and soul aligned or your feelings, thoughts and actions aligned...one thought at a time. It is about working through these three steps to success.

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Step one – impossible.

Step two – possible.

Step three – doing it!

You can have improvements in these areas of your life:

- ✓ Money or finances.
- ✓ New job or career.
- ✓ Relationships.
- ✓ Better health.
- ✓ Happiness.
- ✓ Travel.
- ✓ Fun.
- ✓ Any other areas.

I know because I turned my life around. However, I constantly have new areas to work in as I create myself new goals. On my initial journey I quickly discovered that having a positive attitude was easier to say than do and I had to learn other techniques. I now teach these in my Positive Attitude Training Programme. It starts with learning to have a positive attitude.

Your key to your success is learning the skill to think positive and align your feelings, thoughts and action to your dream life. As Nike says: Just do it!

Here are 13 tips to help you on your way.

1. *Learn to BE yourself.*
2. *Accept others.*
3. *Give and receive friendship and create relationships.*
4. *Have fun and laughter.*

!

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5. *Make a choice to be happy.*
6. *Personality styles so you recognise yourself and others.*
7. *Boost your self belief or esteem*
8. *Live with gratitude*
9. *Recall past successes*
10. *Live with enthusiasm*
11. *Read positive books and quotes*
12. *Spend time with positive people*
13. *Educate yourself.*

There'll never be a better moment to include these tips into your life. You will immediately start to feel and live more positively. Years ago when I was learning the power of positive thinking, millions of others around the world had already mastered this skill. In the poem Desiderata there is a line about comparing yourself with others and the senselessness of doing so. Your goal is to become yourself so be true to yourself. You are a unique person with your own journey so what better time to move forward on your journey than now.

This is the perfect moment for you.

Other Resources available:

If you are interested in a plan to create your successes then read on.

Your Life is your journey you undertake with your inner compass as your guide.

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**Albert Einstein says: *Insanity is doing the same thing over and over again
and expecting different results***

Take action and create a different life than you have right now...

Join Oprah Winfrey, J.K. Rowling, Robert Kiyosaki and Walt Disney with
and embrace the ONE common denominator that made them into multi
millionaire and billionaires?

Attitude 4 Success Programme

Say Yes to a Positive Attitude (Value \$25)

200 PowerTips to Keep your Attitude Positive (Value \$25)

How to get what you want in life & achieve Success (Value \$25)

Believe in Yourself and Be a Winner (Value \$20)

AND Then there's all the additional bonus material.

24 Positive and Inspirational Quotes (Value \$15)

45 Life Changing Tips (Value \$15)

25 Positive Poems (Value \$20)

125 Self Esteem Tips (Value \$25)

AND Freebies

Happiness Scale

117 Recession Tips

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(Over 300 pages)

You can read more about the programme on

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You will benefit from my 20 years of learning strategies, hours of reading, dissecting ideas, learning and collating information and discovered about other systems suitable for all different learning styles. It is in an easily read format with strategies to help you overcome your challenges so you too can create your dream life.

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We are in the process of creating a membership site which you can join and have teleseminars, podcasts and LOTS more vital information that will help you achieve your dreams. Keep watching or enroll with us so we can keep you in touch.

janice@attitudespecialist.co.nz

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ABOUT
JANICE DAVIES – THE LADY WITH NICE IN HER NAME
ATTITUDE SPECIALIST

Janice works with motivating an inspiring people's thinking and attitude to spring load to success. She's an expert she says, because she had to do it for herself.

Her greatest journey, after many stumbles along the way was discovering her real self then re-aligning her dreams, and years of working towards creating them followed that.

She calls herself the Attitude Specialist and educates people about empowerment. She presents at conferences and in-house training with her keynote presentations and workshops where she works with corporates, groups and individuals steering them towards success.

Janice is the founder of Self Day - the International Self Esteem day which is an annual awareness day each June..

Janice is a participant in the Your Guide to True Happiness DVD with 8 other experts and share her ideas about self esteem.

A motivational Conference Speaker, Janice guarantees you will learn something new and her listeners will leave with a new outlook on life.

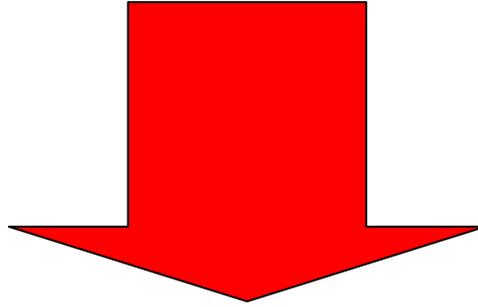
A lady with big goals, Janice would like to appear on the Oprah show to share about the Self Day and make a movie.



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One More Thing....

*Half Full or Half Empty
How do you see the glass?*



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