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Your attitude is contagious - is yours worth catching?



Q What can I say to myself and to others that is positive?

A Instead of ...

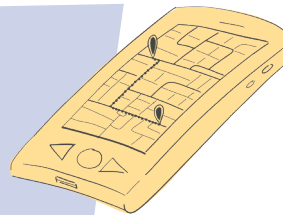
- * I'm hopeless at ...
- * I always stuff up.
- * I'm useless at sport.
- * It's not fair.

Try saying or thinking ...

- ♥ I'm good at lots of other things.
- ♥ I try my best.
- ♥ I can do better with practice.
- ♥ Life's not always fair and that's OK.

Make MJR your GPS

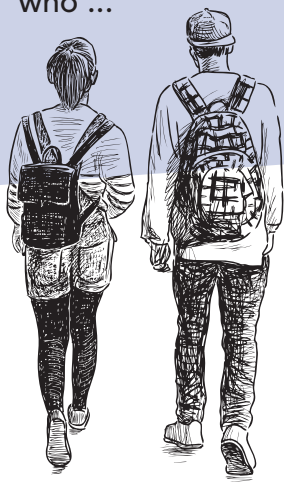
When you're planning your journey through secondary, it's not only helpful to know where you are going, but also how you're going to get there. Before you start, you need to know that you won't be travelling alone – you'll be surrounded by MJR people, and MJR people are W.E.S.T. people. Maybe you've met Westies before? They are the people who ...

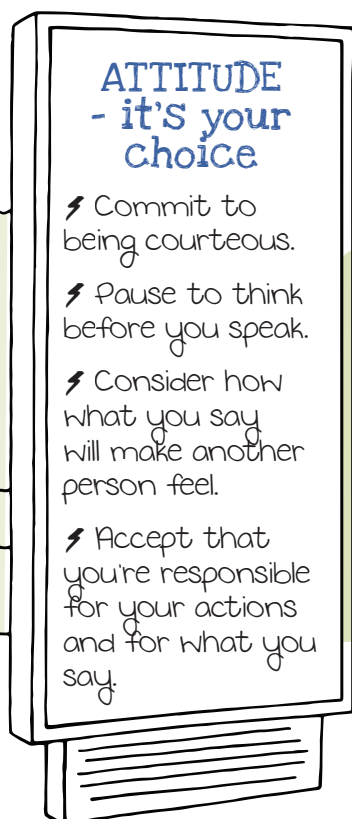
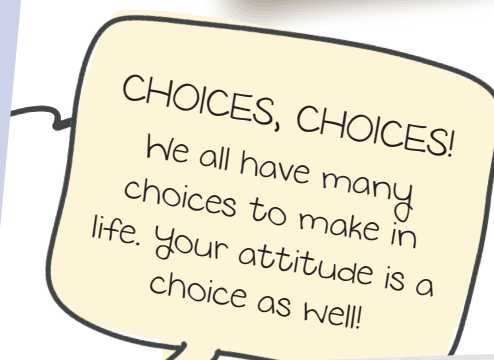
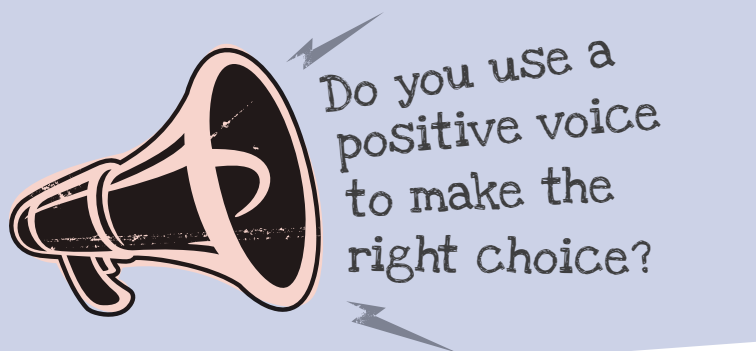
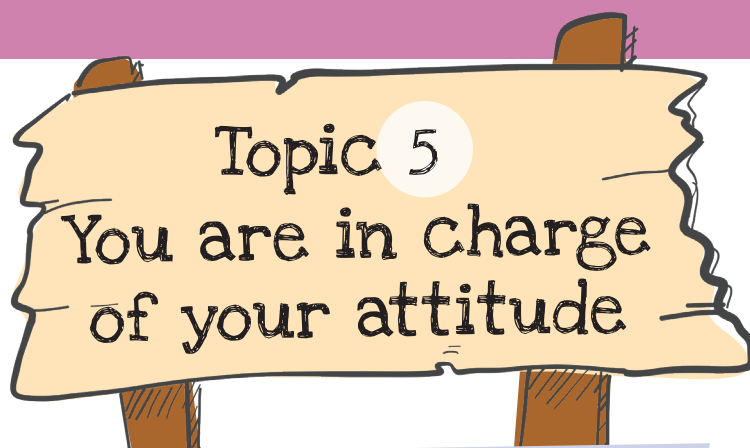


Welcome
Encourage, say
Sorry and
Thanks

Identify the WESTIES in your life. Who are they and what qualities make them WESTIES?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____





Consider this ...

We can't control what happens to us in life, but we CAN control how we respond. We need to make it our motto to ... CONTROL THE CONTROLLABLES.

Review an event where you had to control your response.

What happened? _____

How did you respond? _____

How might you respond next time? _____

Are you a glass half-empty or glass half-full person? Does it matter anyway?

Looking at things through a positive lens can make all the difference.



Turn that frown upside down!



There are so many situations in life that we can choose to look at in a positive way, even if they don't seem great at first. How can you turn the following situations around so that they're positive? Can you think of some other 'negative' situations you can turn around?



* It's raining outside and you'd been planning to meet some friends for a picnic.

→

.....

* You studied really hard for an exam, but you didn't get the marks you were expecting.

→

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*

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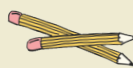
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You have control over your attitude

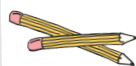


Make a list of people who inspire you to be positive and why.

- ☐
- ☐
- ☐
- ☐
- ☐


In the column below, note some moments that have been positive.

Note some moments this year that have been negative. Now, draw a smiley face next to the moments you turned from negative to positive. If you haven't, maybe this is your chance.



Happiness habits

Happiness habits are fuel for your positive attitude. There are many things you can do to feel more positive. When you feel positive, you show more courtesy towards others, you are accountable for your actions, and you demonstrate respect for others in your actions and words. Here are some ideas. See what works for you!

- ✧ Prayer, meditation and mindfulness
- ✧ Writing – it could be a journal where you record things you're grateful for, poetry, or a letter
- ✧ Being in nature
- ✧ 
- ✧



I feel positive when ...

- ☐ I take my dog for a walk.
- ☐ I help others.
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

Jesus' attitude

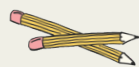
Jesus chose an attitude towards children and the marginalised that meant he included them in his plans. Your attitude is about the choice(s) you make and how you reflect on your mistakes. Choose ONE area of your life that you know needs a change of attitude.

Then he took a
little child
and put it among them; and
taking it in his arms,
he said to them,

"Whoever welcomes
one such child in my name
WELCOMES ME ..."

(Mark 9:36-37)

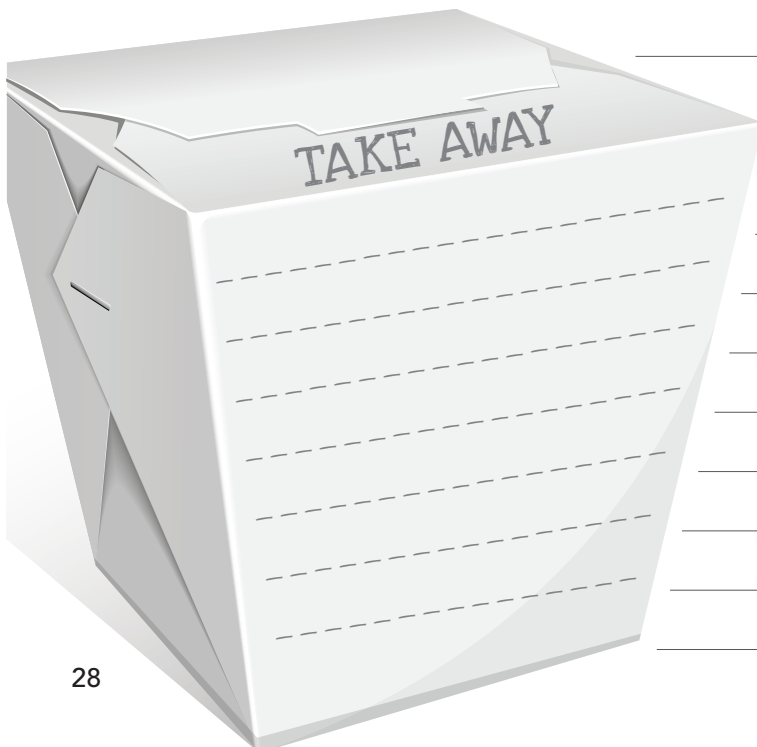
The one area in my life I would change is ...

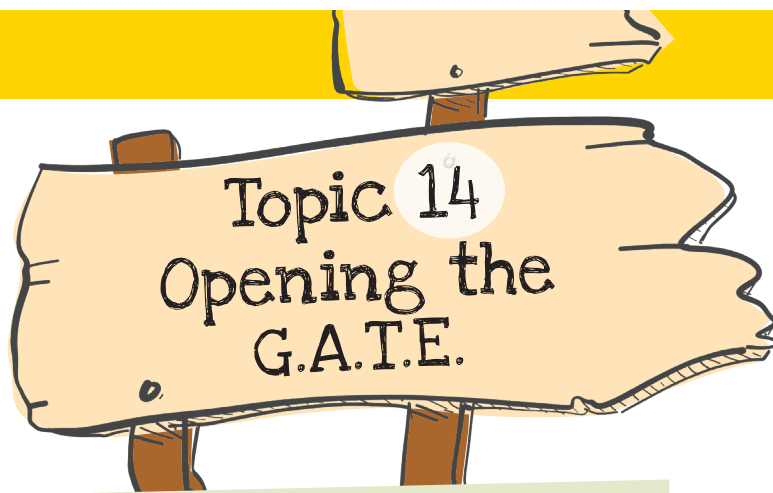


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Take your time to write your reflections on attitude.

How are you going to be accountable to yourself in regards to having a positive attitude? How will you 'control the controllables' in your life?



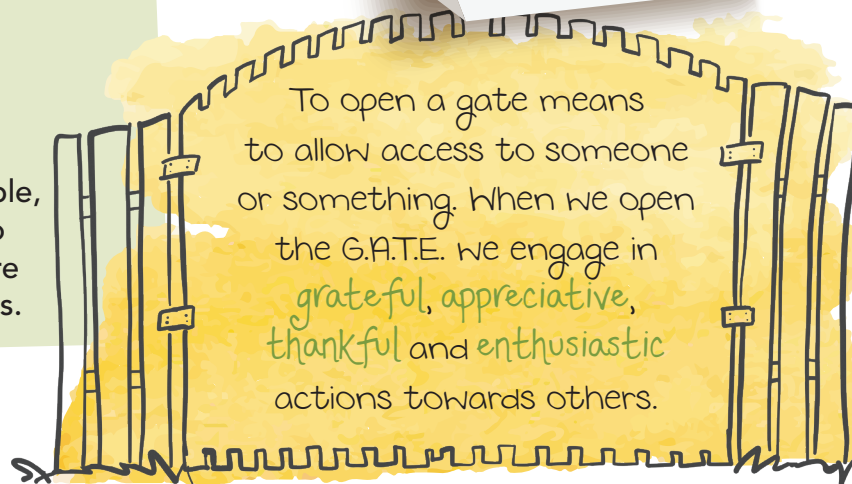


What is G.A.T.E.?

G.A.T.E. is an acronym of four important habits that all of us are capable of demonstrating to each other every day. These habits are not always physically visible, but they are important emotional habits to have and develop as we grow older. We are in control of developing our G.A.T.E. habits.



Remember, all the G.A.T.E. qualities are a choice that you can make!



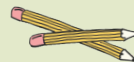
Why do we need G.A.T.E. in our lives?

We all need reminding about the need to create G.A.T.E. habits in our lives.

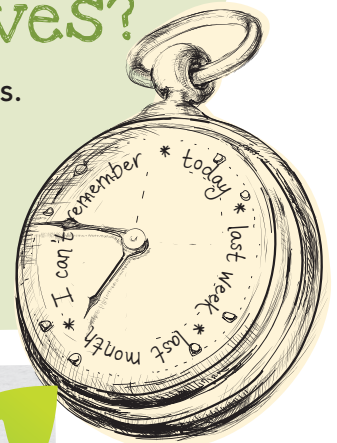
When was the last time you thanked people at home for cooking dinner?

Or for driving you to school or your sports training?

When did you last say 'Great lesson!' to your teacher?



☐ today ☐ last week ☐ last month ☐ I can't remember



An attitude of gratitude not only brings happiness to others, but helps with our mental and spiritual well-being.



Where is G.A.T.E. in your life?

How often do you think about what you have in your life? Do you consciously make time to reflect? When you think of 'things' in your life, do you think of materialistic things, e.g. make-up and technology, or physical/emotional things, e.g. memories, qualities and experiences?

Stop! It's G.A.T.E. time



Review your list and highlight any items that you **COULD** do without. In a different colour, highlight any items that you **COULDN'T** do without.

Q What feeling do you have when you review your list?

A  _____

Consider the most important 'things' in your life. Add to this list.

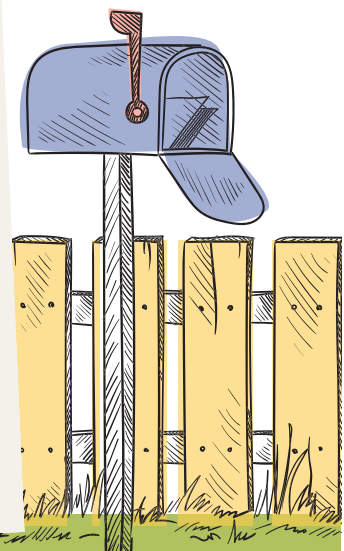
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

For too long I have
TAKEN FOR GRANTED

and in future I won't
because ...

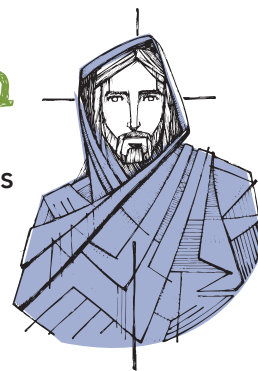
POSTCARD

To: Myself



Jesus: The ultimate G.A.T.E. person

Remember that Jesus is all around us and we can look for the 'Spirit of Jesus' moments in our lives. These are the beautiful moments when we see individuals or groups do something, big or small, for others.



Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

Luke 10:38-42



Let's reflect

When was the last time you paused to look for the 'Spirit of Jesus' moments in your life?

.....

.....

.....

.....

When have you witnessed the Spirit of Jesus alive in your school community?

.....

.....

.....

.....

Are you a G.A.T.E. person?

In the Gospel of Luke, Jesus demonstrates many G.A.T.E. actions in his interactions with Martha and Mary. Whenever we reflect on the Spirit of Jesus, we are called to self-examine if we are living by the same spirit. Are you GRATEFUL, APPRECIATIVE, THANKFUL and ENTHUSIASTIC towards others?



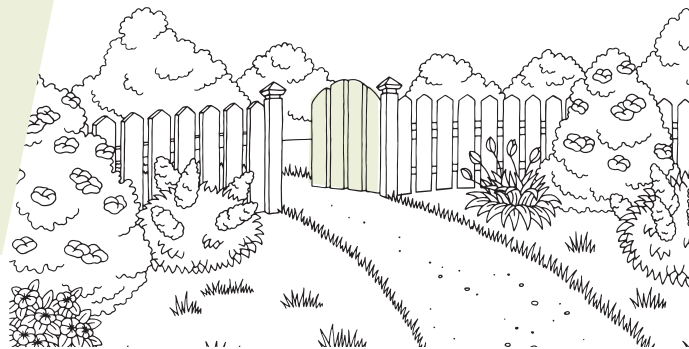
Q Identify a time when you have demonstrated yourself to be a G.A.T.E. person.

A



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If you strive to be a G.A.T.E. person, what does it bring to others' lives?



TAKE AWAY