Drama Queens, Pot Stirrers & Problem Makers
Transform Toxic Attitudes Into Tremendous Attitudes!
Judy Kay Mausolf

TRANSFORM TOXIC ATTITUDES
• Set Standards
• Adopt Attitude Adjusters

9 ATTITUDE ADJUSTERS
   • Optimistic Radiant Attitudes Nurture Great Energy
   • What you put out there always comes back to you
   • Be O.R.A.N.G.E.

2. Choice - Smile & Shine Band
   • Choose to impact others in a positive manner
   • Choose to be happy regardless of the circumstances
   • http://www.practicesolutionsinc.net/products.html

3. S.P.F. – Super Positive Focus
   • Super Positive Focus
   • Your focus creates your attitude
   • Focus on the positive and you will be positive

4. Labeling
   • Words have power
     Interesting instead of good or bad

5. Ray for the Day
   • Positive quote for the day
   • www.facebook.com/judykay.mausolf

6. Check Buddies
   • Lift each other up
   • Pick a word as a cue
     ○ www.OrientalTrading.com
7. Book Club – Rise & Shine
   • Positive topics for monthly team meetings
   • [http://www.practicesolutionsinc.net/book.html](http://www.practicesolutionsinc.net/book.html)

8. Kudos Environment - Wand
   • Nurture an environment of acknowledgement and appreciation
   • [www.AmandaGore.com](http://www.AmandaGore.com)

9. Celebration
   • Celebrate every day
   • Be Present
   • Physiology Changes Psychology
   • Ta-dah!

Notes:
Business Name: ________________________________

Name / Position: ______________________________

Address: ______________________________________

City:    State:     Zip: __________________________

Phone:                     Fax:       Website: ______________

Yes!  I would like to receive the positive & powerful practice management tips in your complimentary monthly e-zine “Show Your Shine”!
E-mail me at:
E-mail address: ________________________________

I would like more information regarding:

☐ On-site Workshops
☐ Performance Coaching Programs
☐ Telephone/Webcam Coaching
☐ Keynote
☐ Booking Judy Kay at our next meeting/conference
☐ Judy Kay’s Books:  *Rise & Shine and TA-DAH!*
☐ Other ________________________________

612-701-4922

Judy Kay Mausolf

JudyKay@PracticeSolutionsInc.net
www.PracticeSolutionsInc.net