

ATTITUDE OF GRATITUDE

OPTIMISTIC OUTLOOK

TAKE TIME TO REST
AND REJUVENATE
OVER THE BREAK!

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Four Ways to Keep An Attitude of Gratitude

- Your happiness is your responsibility. Although you may wish that everyone made your happiness a top priority, most people have other things on their minds. Besides, you're the only one who truly knows what's required for your own happiness and fulfillment.
- Perseverance is the most critical component of success. As long as you try, you can accomplish most anything. When things don't work out as hoped, change your approach and keep on going.
- Failure can be a great teacher and may be a part of the process. You can learn a lot from a book or from watching others, but the most significant learning comes from "failing" at something. Provided you learn from each "failure" and apply that knowledge, you're really just perfecting your route to success.
- Obsessing about the future or past creates anxiety and frustration. Looking to the past to gain wisdom is great. Focusing on and regretting things that happened years ago is a sure way to make yourself unhappy. Worrying about your future won't make it different. Look ahead to see potential roadblocks and start working on solutions.

"Do things at your own pace.
Life's not a race."

GRATITUDE