



MINI BOOK

# 22 WAYS

to CHANGE my ATTITUDE  
& feel better about everything!

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AUTHOR OF 500 CONFESSIONS

22 WAYS  
TO CHANGE MY ATTITUDE

Elizabeth Richardson

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## Message from the Author

I'm not here to sell you something, I'm not offering a free report, I'm not booking a time for a webinar, I'm not intending to teach a study course. I won't suggest you leave a testimonial, sign up for the mailing list, join us on Facebook, well, you get the gist ... I'm not asking you for anything at all.

The good things in life come SO much easier than that!

And that's just what the words in this e-book will most likely give you, an easier way feel good. There are no recommendations to be given, no rules to follow, no incredible claims enclosed. There's no advice to take, no long stories to read, no great secrets exposed. Just 22 really short and simple ways to change your attitude that will probably help you feel just a little bit better than you did before.

But don't be fooled into thinking this e-book has no value just because you didn't have to pay for it ... I found out that some of the most wonderful things in life are FREE!

Share this copy now, give it away for Christmas, print it, sell it, do whatever you like with it, and know that it is simply a gift, from my heart to yours. xox Elizabeth



## **Introduction**

Life was meant to be easy and fun and exciting and good, and these short but profound statements can change a slightly negative attitude, into a more life enhancing one. They will wake you up, gently give your mood a boost or have you nodding your head in agreement. Enjoy!





**22 WAYS  
TO CHANGE MY ATTITUDE  
(and feel better about everything)**



## **Attitude 1**

INSTEAD OF COMPLAINING THAT SOMEONE ELSE WASN'T SPENDING ENOUGH TIME WITH ME ... I decided to BE someone who other people really enjoy being with.

## **Attitude 2**

INSTEAD OF DOUBTING SOMEONE ELSE'S  
LOVE FOR ME ... I decided to LOVE myself so  
much that it became irrelevant whether they did or  
not!

## **Attitude 3**

INSTEAD OF BEING ANNOYED THAT MY CHILDREN WEREN'T CLEANING THEIR ROOMS ... I decided to be HAPPY that they were enjoying their time, just being kids.

## **Attitude 4**

INSTEAD OF GETTING UPSET THAT I'D PUT ON A BIT OF WEIGHT ... I decided to praise myself, for finding a way to get temporary comfort. As soon as I changed my attitude, the type of food I craved just naturally changed too.

## **Attitude 5**

INSTEAD OF BEING MAD WITH MYSELF FOR NOT RESPONDING TO SOMEONE WITH LOVE ... I decided to "Let Myself Off The Hook" and accept that they have a part to play in this too.

## **Attitude 6**

INSTEAD OF FEELING UNCOMFORTABLE WHEN SOMEONE VENTED THEIR ANGER IN FRONT OF ME ... I decided to "Feel Good" that they were expressing their emotions in whatever way they knew best. Then I got on with my day and just let it rest.



## **Attitude 7**

INSTEAD OF THINKING THAT SOMEONE ELSE WAS THE CAUSE OF THE PROBLEM ... I decided that CHANGING my attitude would be a much better solution.

## **Attitude 8**

INSTEAD OF LOSING SLEEP BECAUSE I WAS THINKING ABOUT MY WORRIES ... I decided to "Comfort" myself by remembering how things had always worked out before.

## **Attitude 9**

INSTEAD OF BLAMING THE GOVERNMENT FOR A FAILING ECONOMY ... I decided to "Get Off My Butt" and make an even bigger success of what I was doing.

## **Attitude 10**

INSTEAD OF BEING DISAPPOINTED ABOUT THE SHIT I WAS MANIFESTING IN MY RELATIONSHIP ... I decided to believe that it was taking me to where I wanted to go anyway ... and it did.

## **Attitude 11**

INSTEAD OF WONDERING WHAT I'D DONE WRONG ... I decided to imagine that everything had been perfectly alright all along.

## **Attitude 12**

INSTEAD OF NEEDING CERTAIN QUALITIES IN MY MATE ... I decided to quietly cultivate them in myself and let "Law Of Attraction" take care of the rest.

## **Attitude 13**

INSTEAD OF NOTICING HOW I'M NOT BEING LOVED IN THE WAY I DESERVE ... I chose to love MYSELF first, foremost and forthrightly.

When I'm feeling low, anything I think, say or do that "Lifts My Mood" is always a good way to love myself more.

## **Attitude 14**

INSTEAD OF TELLING MY MATE WHAT HE WAS DOING WRONG ... I decided to acknowledge him for what he was actually doing right ... and then he did even more amazing things than he'd ever done before.



## **Attitude 15**

INSTEAD OF EXPECTING EVERYONE TO  
TREAT ME IN THE SAME WAY I TREAT THEM  
... I decided to see that they were actually  
teaching me how to love unconditionally.

## **Attitude 16**

INSTEAD OF PAYING ATTENTION TO THE STATISTICS THAT GAVE ME A HIGHER CHANCE OF GETTING CANCER ... I decided to "Listen To My Own Inner Being" who told me I have a good chance to live a long, healthy, happy, energized, passionate and love-filled life instead.

## **Attitude 17**

INSTEAD OF LIVING CAUTIOUSLY AS IF DEATH IS THE ENEMY ... I decided to live life fully and know that heaven is my friend.

## **Attitude 18**

INSTEAD OF CAREFULLY SELECTING THE PEOPLE WHO DESERVED MY LOVE ... I decided to open my heart widely and give each person all that I've got.

## **Attitude 19**

INSTEAD OF WISHING FOR SOMETHING TO BE DIFFERENT SO I COULD BE HAPPY ... I decided to change what I was thinking, change the story I was telling other people, change what I was focusing my attention on, change my emotional state, and just be happy anyway.

## **Attitude 20**

INSTEAD OF WAITING TO MEET THE RIGHT GUY SO I COULD FALL IN LOVE ... I decided to fall totally in love with me, in love with my life, in love with my dreams, in love with my work and in love with who I was becoming. Then the right guy for me just showed up, no effort at all.

## **Attitude 21**

INSTEAD OF WONDERING IF I HAD ANYTHING OF VALUE TO CONTRIBUTE TO THE WORLD ... I decided to remember all the times I'd made someone laugh, I reached out my hand, I accepted another, I said a comforting word, I paid a compliment, I helped someone feel useful again, I cooked a great meal, I got up in the middle of the night to comfort a crying child, I smiled at a stranger, I let go a past hurt, I forgave an old friend, I made peace with an enemy. And it was then that I realized, just how much I'd already done.

## **Attitude 22**

INSTEAD OF EXPECTING SOMEONE ELSE TO HELP ME ... I decided to stop for a moment, to take a deep breath, to feel the love in my own heart; where help is always waiting, where peace can be sought, where stillness is found, in any moment, through any crisis, despite any fear and in ALL ways.

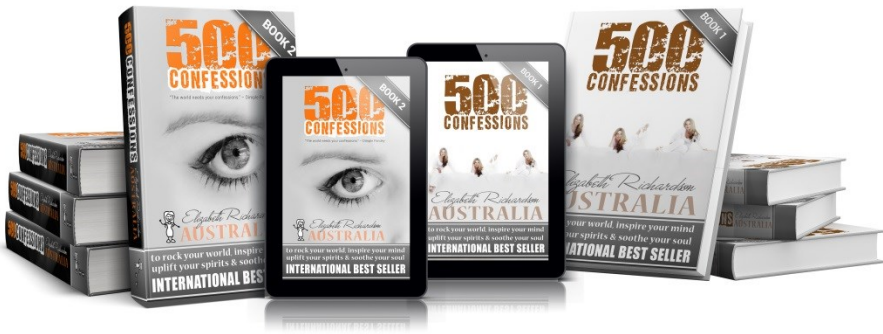
**“If it feels good, it’s good for me!”**



# Books By The Same Author

500 Confessions -  
to rock your world, inspire your mind,  
uplift your spirits & soothe your soul

Book 1 & Book 2



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