

Be GLAD A=ATTITUDE and APTITUDE

ATTITUDE
Have a positive attitude and respect others

APTITUDE
Grow and apply your talents to be the best you can be

Overview

- How you think or feel about something that is reflected in your behavior
- Expression of your feelings (happy, sad, mad, scared)
- Your attitude can affect other peoples attitude
- Showing respect to other people and things

Overview

- The natural ability to do something
- Types of aptitudes can be intelligence, physical, musical, logic, etc.
- Examples: Athlete, Musician, Scientist

Words

- Happy
- Receiving
- Positive
- Expect positive outcomes
- Respect
- Pride
- See opportunity

Words

- Excellence
- Mastery
- Practice
- Hard worker
- Commitment

Applications

- Look for the good in a situation instead of complaining
- Say "sir and ma'am" to elders

Applications

- Study and practice everyday
- Find the best people and make them your peers

Quotes

- "Life is 10 percent what happens to me and 90 percent of how I react to it." —Charles Swindoll
- "Nothing is impossible, the word itself says 'I'm possible!'" —Audrey Hepburn

Quotes

- "Apply your God-given talents to reach your full potential, as the greatest sin to God is to squander the gifts he has provided"—RH
- "I can't change the direction of the wind, but I can adjust my sails to always reach my destination." —Jimmy Dean
- "I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." —Michael Jordan

Bible

- A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22
- Do all things without murmurings and disputings. Philippians 2:14-15

Bible

- As each has received a gift, use it to serve one another, as good stewards of God's varied grace. 1 Peter 4:10
- You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:14-16

Discussion

- Questions: Do you have a positive or negative attitude? Do you prefer to spend time with positive or negative people? Do you have a choice?
- Activities: Be aware of others attitudes

Discussion

- Questions: What does it mean to reach your full potential?
- Activities: Find someone that is the best at your aptitudes and research

