

**Overhead  
Transparency  
Master**

**6-C**

# NEW ATTITUDES

## CHANGE NEGATIVE ATTITUDES TO POSITIVE ONES

<b>Harmful negative attitude . . .</b>	<b>becomes helpful positive attitude</b>
“I don’t have the time.”	“I will plan a time.”
“I don’t want to get all sweaty.”	“I’ll allow time to wash up afterward.”
“People might laugh at me.”	“I don’t care if people laugh. When they see how fit I get, they’ll want to join me.”
“None of my friends work out, so I don’t.”	“I’ll ask my friends to join me, and we’ll work out together.”
“I get nervous and tense when I’m in sports and games.”	“Everyone gets nervous. I’ll try to stay calm and do the best I can.”

## INCREASE POSITIVE ATTITUDES

<b>Positive attitude . . .</b>	<b>can increase even more</b>
“My friends sometimes do physical activities.”	“Physical activities are a great way to meet people.”
“Physical activity is okay.”	“I think physical activity is really fun!”
“You have to work when you do physical activities.”	“I like the rigor of training.”
“You feel a little better when you exercise.”	“Physical activity is a good way to improve my health and wellness.”