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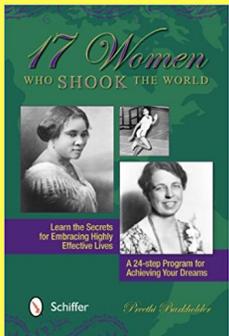
SPIRIT OF A WINNING ATTITUDE

About Preethi

Preethi Fernando is the author of six books, including "17 Women Who Shook the World" (Schiffer Publishing, PA). She is a Keynote speaker, and the winner of Stephen King's Haven Foundation Award, given to one author every year.

Originally from Sri Lanka, Preethi now lives in Loveland, Colorado.

Her mantra is "Rise after every defeat."



Looking for a charismatic speaker for a group event?
Contact Preethi at:
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Steps for a Winning Attitude

- 1 Identify the habits that are *not* creating producing the best version of yourself
- 2 Do a mental check, first thing every morning, to do something different that replaces a bad attitude with a good one. Eg: If it is anger, replace it with patience, in small increments, like the dimmer switch
- 3 Drop off pride; pick up humility
- 4: Focus on 2 areas of attitude adjustment, for 2 weeks at a time. Then move on to 2 new areas.
- 5: Don't wait for compliments
- 6: Give it time. Your growth will be evolutionary, your transformation will be revolutionary.
- 7 Enjoy the the birth of a new attitude in 2018

(Try this for 60 days. If you don't like the results, your old attitudes will always be waiting for you!)



A Person With a Stellar Attitude is Someone:

- 1 Who is persistent and does not give up easily
- 2 Who believes in himself/herself
- 3 Who doesn't complain, gossip, nor manipulate
- 4 Who thinks positively and is solution oriented
- 5 Who has dreams
- 6 Who takes total responsibility for what has happened in her/his life and does not blame others
- 7 Who takes calculated risks
- 8: Who is willing to step out of a comfort zone
- 9 Who serves others and doesn't expect a thank you in return
- 10 Who has a stoic resilience to rejection
- 11 Who influences others to do the right thing
- 12 Who is confident
- 13 Who practices effective time management
- 14 Who is a great teamplayer

(Yes, You are that person with a stellar attitude!)