

Attitude is a Key to Success

| Group | Attitude | Why do I hold it? | How does it affect me? | How can you change it? |
|------------------------|-----------------------------|---|--|--|
| Andrew's | Weak commitment to the goal | | Lack of motivation | Find what makes you motivated and stick with it |
| Souha's & Michael's B. | Resistance to change | Afraid new routine might fail | We do not improve | Need to keep open mind |
| Chase's | Weak commitment to the goal | Overwhelmed | Feeling stressed | |
| Tim's | Resistance to change | You think you always right | Negative attitude One method does not always work | Adapt, learning experience, search for alternatives |
| Joe's | Procrastination | Laziness, distractions | | Set priorities, find motivation |
| Amanda's | Procrastination | We think we have time and can do this later | | Setting a schedule and sticking holding to it. Not wasting time. |