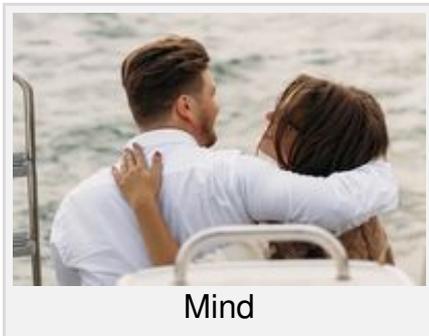


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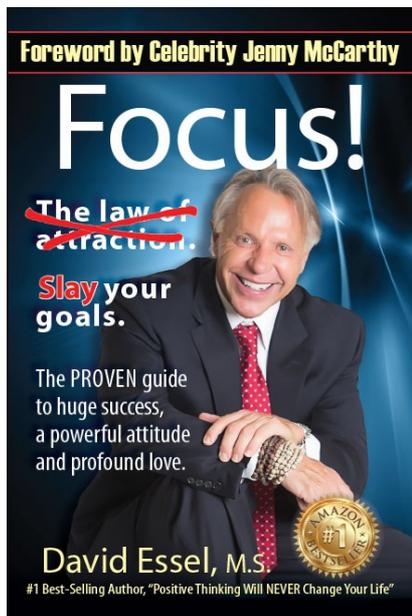
The five key tips, to help you to start to shift your attitude

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While the statement “attitude is everything“ isn’t actually a reality, it’s not that far off base. For the last 28 years, number one best-selling author, counselor and life coach David Essel has been helping millions of people from around the world to dramatically improve their attitude... Starting on the very first day they work with him. In all 10 of David’s books, two of which have become number one bestseller’s, he touches on the power of attitude, the importance of a great attitude, and how to start the shift today from a below average attitude to one that will rock

your world. Today, in this special for *Wellness magazine*, David Essel offers a sneak peek from his new book “Focus! Slay your goals... The proven guide to huge success, powerful attitude and profound love” just for you:



Here are the five key tips, simple tips, to help you to start to shift your attitude right now:

Number one. Give two compliments every day, one of them to someone you never have met before, or don't know very well at all. Did you know, that you can give a compliment in about 30 seconds? So I'm asking for 60 seconds of your day, looking for people to lift their spirits, which will have an inverse effect by lifting your spirits as well.

Do you remember the last time you gave someone a compliment, and they looked into your eyes and smiled.....which made you feel great? Well, of course, it's going to make them feel great, but what about the effect on you? It's not a self-centered thing to give someone else a compliment... But our attitude will improve greatly when we start to look to lift other spirits.

And it doesn't have to be a complicated compliment... *“Those earrings make your eye color just jump, very very beautiful... I know you said you were going to the gym, and it really shows. I don't know how much weight you've lost, but you're looking fantastic..... I know our office mate was very angry with you today, but I just wanted to let you know that watching you stand there, take a big breath, and not attack back was one of the most powerful things I've ever seen. I learned a lot today from watching you interact under pressure.”*

Number two. Take time every day for you. What would be like, if every evening you took a hot bath? Or listened to your favorite music for 15 minutes before going to bed? Or went for a 21-minute walk before bed even though you felt exhausted because you knew doing something for your own self-care would have a dramatic impact on the way you feel about yourself?

So many times when people think of self-care, they think of hour and a half massages, or facials... But that's not necessary at all. But your attitude will improve dramatically if you are showing self-love, self-care, on a daily basis even if it's only 15 minutes a day. The consistency, day after day is what's going to boost your attitude. Let's go.



Number three. Saying the word “no.” It's really hard for a lot of us, especially those of us who know

we are codependent in life, to say no to every request that comes our way. And at first when you tell someone NO, and they're disappointed, you could feel hurt. But over time, when you use the word no on a regular basis, and you don't overwhelm your schedule with one more agenda to try to fit in before you hit the sack, your attitude will start to improve. You'll feel powerful. Self-empowered. Which can go along way in helping to keep your attitude at the highest level possible.

Number four. Your morning ritual, your morning routine, maybe one of the most important ways to boost your attitude every day. Get up 20 minutes early, so you don't have to rush. Rushing creates an incredible stress response within the body and the brain... Destroying a great attitude. But, when we get up in the morning, with 20 extra minutes to sit, maybe read the Bible or motivational book... Our attitude starts off in such a beautiful and powerful way. You'll thank me, for the rest of your life, if you were to institute this one change right now.

Number five. Oh my God, please find something to laugh about every day! I don't care if you have to go on YouTube and Google some comedy skit that makes you laugh, or if you have a good friend that's great at telling jokes, or maybe you go on the Internet and Google the top 100 jokes of all times... It doesn't matter to me what you do, but laughter, humor, the kind that makes your belly shake, has an amazingly positive effect on boosting your attitude instantly! None of these tips above are going to take you a lot of time. But all of them, especially if you can collectively put them together daily, will take that attitude that you have right now and put through the roof. That is what I want for you. Let's do it together.

About author



David Essel, M. S., is a number one best-selling author (10), counselor, master life coach, international speaker and radio host whose mission is to positively affect 2 million people or more every day, in every area of life, regardless of their current circumstances. Celebrity Jenny McCarthy says "David Essel is the new leader of the positive thinking movement." David's work of 38 years is also highly endorsed by the late Wayne Dyer, "Chicken Soup for the Soul" author Mark Victor Hansen, as well as many other celebrities and radio and television networks from around the world. He is verified through Psychology Today as one of the top Counselors and Life Coaches in the USA, and is a "Verified Relationship Expert" through Marriage.com His new book "FOCUS!" is out now and went #1 on Amazon. For more information please go www.davidessel.com

