



# ATTITUDE ALCHEMY

TRANSFORM FOCUS - TRANSFORM ACTION



Name:

Date:

Use this worksheet to explore (1) What you are **GRATEFUL** for (2) What your current **OPPORTUNITIES** are (3) How you will choose to **RESPOND** to your current **CHALLENGES** (list what they are and how you will respond) (4) What **3** things you will accomplish **TODAY** to help you progress in your Opportunities or to respond to your Challenges and (5) Who you can **HELP** today and what you will do to help them.

1

---

---

---

---

2

---

---

---

---

3

---

---

---

---

4

---

---

---

---

5

---

---

---

---