

It's a
sad
mad
glad
LIFE

The Anatomy of Your Attitude

Visit us on the web: www.SadMadGladBooks.com.



Let your hair down.

Put your best foot forward.

Have an open mind.

Shoot from the hip.



Successful people are...

Did you know...



Children that are raised in a negative, pessimistic, un-nurturing environment are 80 % more prone to develop the onset of clinical depression during adolescence.

In West Virginia, for youth ages 12-21, suicide is the 2nd leading cause of death.

Every 120 minutes, a child takes his or her own life.

21st Century Content Standards and Objectives with Character Education Virtues



Trustworthiness

Accountability - "Keep your nose clean"

Honesty - "Speak words that are true, not words that are false"

Accountability - "Put you best foot forward"

Honesty - Don't try to "pull the wool over someone's eyes"

Trust - Being someone's "right-hand man"

21st Century Content Standards and Objectives with Character Education Virtues



Caring

Sensitivity - Understanding "thick" and "thin" skin

Empathy - Understanding the feelings of others through facial expressions

Friendship - "Listen more and talk much less"

Encouragement - "Give someone a lift"

Support - Give someone a "pat on the back"

Love/Compassion - Mend a "broken heart"

21st Century Content Standards and Objectives with Character Education Virtues



Fairness

Sportsmanship - Shake hands after competing

Adaptability - "Play it by ear"

Controlling your temper - "Keep a level head" and don't "let your nose get out of joint"

Conflict Resolution - Be fair without "butting heads" before someone "takes one on the chin"

Humility - Don't get the "BIG head"

21st Century Content Standards and Objectives with Character Education Virtues



Responsibility

Self-Control - Accountability for your own positive attitude

Use your head - "Think before you act"

Self Awareness - "Stop and smell the roses"

Courage - "Stick your neck out" (try new things)

Managing Stress - Breath deep and slow

Community - Teamwork and "doing your part"

21st Century Content Standards and Objectives with Character Education Virtues



Responsibility

Focus/Learning - "Take each lesson to heart"

"Stay on your toes"

Don't "let your mind wander"

"Keep your nose to the grindstone"

Listening - Don't let it go "in one ear and out the other"

Punctuality - Don't "drag your feet", "shake a leg"

Effort - Use a little "elbow grease"

Continuous effort - Don't let "moss grow under your feet"

21st Century Content Standards and Objectives with Character Education Virtues



Citizenship

Community - "Lend a helping hand"

Community - Teamwork and "doing your part"

Protection - Whose "got your back?"

Service/Charity - Have a "heart of gold"

21st Century Content Standards and Objectives with Character Education Virtues



Respect

Diversity - The color of ones skin doesn't matter

Privacy - Don't "stick you nose where it doesn't belong"

Self-Control - "Bite your tongue"

Respect - "Listen to your elders"

Bullying - "Not only fists, but words"

Adaptability - "Try to see "eye-to-eye" (Open Mind)

Respect for others - "Keep your hands to yourself"