

Control Your Attitude, Energy and Effort

When times get tough, many things may feel out of your control – like the economy, the news or the people around you. Focus on what you can control: your attitude, energy and effort.



Attitude



- Your attitude affects how you decide to view and interact with the world around you.
- To increase overall happiness, keep it positive, thoughtful and compassionate.

Control Your Attitude

- ✓ Read daily affirmations to build up your confidence. Keep them on the bathroom mirror or in another place where you'll always see them.
- ✓ Be intentional about the media you consume. When you find yourself getting overwhelmed, take a break and reset.
- ✓ Listen to inspirational podcasts and read personal growth books.



Energy



- Keep up your energy so you are ready to face anything the day holds.
- Increasing your energy includes managing your schedule and maintaining valued relationships.

Control Your Energy

- ✓ Take plenty of short breaks throughout the day. If you've been working from home, consider a few 10-15 minute naps to recharge.
- ✓ Time block your day to maximize productivity. Challenge yourself to finish designated activities within those blocks.
- ✓ Connect with people who encourage you, and prioritize other positive role models.



Effort



- Effort is the amount of work you put into your life and business.
- Take small steps to improve your effort in all five circles of life: spiritual, family, business, financial and personal.

Control Your Effort

- ✓ Strengthen your family relationships by setting a night for dinner, games or a movie together.
- ✓ Set a budget and stick to it. Remember to prioritize your expenses so you have a better idea of where your money is going!
- ✓ Implement a consistent fitness routine, whether that's a daily walk, an online workout class or regular strength building exercises.



Need more tips to help you take control of your attitude, energy and effort in your business? Register for **The Pathway to Mastery™—Essentials**, a Buffini & Company real estate agent training program designed to help you find success in all five circles of life. Sign up: buffiniandcompany.com/essentials.

