So tonight, I want to talk to people about attitude and how – here is what I am going to do so that you have an idea if this is something you want to share, okay. It could be Bret, I don’t know. I am going to talk to you about attitude and then I am going to give you kind of a little quiz so you can know if in fact you – you are at your negative attitude or you are Debbie Downer attitude or you are defeating – defeated attitude is showing, you will be able to take this quick little quiz and figure out if that’s happening and then I am going to talk to you – I am just going to give you some quick tips on how to have a better attitude because I mean, attitude is everything. Isn’t that true? Like arent’ you attracted to people who have a great attitude and just for the record, let’s see.

I do need a Christmas tree. I missed it Carrier, could you put it up again? Do I have bad days? Of course, I have bad days but not many to be honest. Bad by comparison to the previous day maybe or to like my best day but how could it ever be a bad day when we have so much – I honestly believe this and we are going to talk about it tonight is it’s hard to have a bad day. You can have a bad day when you honestly look at how many blessings we have. Dude! The fact that you are watching this on your phone means that you are of the richest people on the planet. Like we compare our success and what we have compared to like you know, super duper crazy wealth in the United States but if you look at the rest of the world, the rest of the world doesn’t have running water. They don’t – the notion and the concept they are just going out and shopping for stuff is unheard of like we just buy stuff because we are like, oh I am here, I should just buy something like people don’t do that in the rest of the world. It’s seriously as somebody said a first world bad attitude.

So it is hard to have a bad day when I think about how blessed I am but like I am also not going to be like choosing like you know like I am always up. I mean in comparison, I suppose I do have bad days and trust me when I say when I have a bad day, you will know it and I won’t periscope because I am not about faking it and I warn everybody before they walk in the door and in fact, before they walk in the door, I will send my husband and text him like, I will say hi honey, how is your day, how are you doing? I am on my way from football and I am like, good but just so you know, I am in a bad – I am in a hell lot, hell lot bad mood just so you know and tell the kids, I am in a bad mood too. The hoops are coming off.

And so then you know I guess because he is a problem solver and he will be like, okay well go take two Advil. He always has like a solution. Well honey, go take two Advil and you know, do you want to go get a run because he knows like that he always like cares things for me or he is like, is there anything I can do to help. He always says that and yeah, he usually does make me happier when I am sad. So yeah when the hoops are coming off, look out. I got some \_\_\_\_\_ (0:06:37) in me and I am not afraid to use it. Let’s talk about attitude. So that’s what we are going to talk about tonight.

I am going to share with you why it’s so important for leaders to get rid of anyone on your team who has a bad attitude, a bad attitude will spoil all of the good apples your cart, in your crate like no other. A bad attitude is perhaps the most dangerous thing you can have in an organization. It is the thing that will limit you, it is the thing that will – it is either your best friend or your worst enemy. That’s what we are talking about and now hello, who is that from \_\_\_\_\_\_ (0:07:14). I should open up another device so I can see who is commenting. So that’s what I want to talk about. So now I want to give you a chance to share. It is my preference if you can share it to your periscope followers but I am not picky if you want to share it to like your next door neighbour who is – open up the front door and he will be like hey! Hey! Yo! Chalene is on Periscope, I am good with that too.

You don’t know how to share yet. Okay well we’ll tell you. You swipe to the right and then you go up a little bit and there will be this little button that says Share. See and then we click on it. It will say click, share to all followers, share to Twitter. Thank you Simone, thank you Ji Ji Medith, thank you Chancy right, it’s awesome because you guys invited your periscope followers. I appreciate you and Willis Farms invited one follower. I hope it’s not because they have a bad attitude but if they do now they will know why you invited them.

Look at all the people inviting, thank you so much. I appreciate you. You swipe up on an Android. Awesome okay cool. Thank you to everyone who shared, I appreciate you. Now – and I want to give you this great tip that I got this morning, well actually this afternoon from watching one of Alex-cons scopes. He is an amazing Scoper, I love him. He’s got an amazing attitude. So that’s why I think it’s appropriate to share the tip that he shared with all of his followers and that is, I am going to mention a word and then you are going to use that hash tag in a Tweet or on Facebook like wherever you are in social media, just use that hash tag and you will automatically have eligibility to win a surprise that I am going to be sending to you.

Now only the people who watch till the very end will know what that hash tag is, yeah. So you will need to watch all the way to the end to see what that hash tag is and then you will post it anywhere in social media and that will automatically enter you into a contest. This is not even a contest. I am just going to pick one person tonight and then I will reach out to you and I am going to send you a gift. So that was my tip from my friend Alex-con. He is a – I am friends with him even though I never met him. I feel like we are friends because I watch him on periscope and he’s got a great attitude. You guys would love him. If you like me, you would love Alex-con. He is – you will see the people that I am following, he is one of the people that I follow and you know, just to be honest, you might want to watch his scopes – listen to his scopes and don’t watch him like turn the camera away so you can’t see him because he is very handsome and it’s going to be distracting for you. You know and he’s got a good message and I don’t want you to be – he is so handsome that it’s going to distract you to be honest. Am I right ladies? Will you be distracted by how cute he is? Yeah I know.

Let’s talk about it, yes. Someone goes, he is hot. I can’t say that because I have a husband. Who is hot? FYI. Let’s go. Let’s talk about attitudes. My name is Chalene Johnson and we are talking about attitudes. We are talking about how important an attitude is. I think it’s common sense that we are attracted to people who have a really good attitude. It’s maybe less common sense that we are – those of us who have a positive attitude tend to be drawn to people with a bad attitude. Do you find this as true for you? Because we feel like we can fix them. We feel like well, I can help them see the other side of these things and then we wonder like, why do I attract these people with a bad attitude when I have such a good attitude.

Well I think the reason why is because people with a positive attitude just believe that we can fix anybody. It’s that we don’t understand how the world can’t look at a glass and go, well it’s half full and so we want to spread that to other people because we know it is such a better way to live but let’s talk about why it’s so important to have a good attitude and more importantly how loud your attitude speaks even without you saying a word. Your attitude speaks louder even than your actions. Your attitude can be picked up and perceived by your body language, by your vocal inflection, by your facial expressions, by your microfacial expressions which are the expressions you are not even aware that you are making and other people aren’t even aware that they are perceiving, that they are taking it and they are processing that information.

You probably watch people on Periscope or another speaker on YouTube or other places where you’ve thought to yourself, they are saying positive things but I don’t think they believe it or they are telling us that they are an expert and that they are doing this, this and that but boy, oh boy! I just feel their self doubt. I can feel that they don’t believe they are going to win. I can feel that they don’t believe this is going to work and that’s a bad attitude. For leaders, an attitude is everything because an attitude tells people they can trust you, a positive attitude is infectious and a bad attitude is worse than toxic.

A bad attitude can destroy a team because it’s so contagious. A bad attitude actually needs other people to join in so that it can continue. So someone with a bad attitude is desperate to have other people join their team and so they are constantly looking for other people to agree with them and to join them in their complaints or to validate their complaints and their negative attitude and misery loves company, so true and that’s why if you have a team, and you have some choice and you have a good attitude, I am going to employ you. Is that the word? Is that the word when you employ someone, no not employ you, I am going to – what’s the word when you want to really convince someone to do something? What’s the word, implore? Implore, thank you. I am going to implore you. Is it with an I. I implore you to get rid of them as quickly as possible and to forget holding out any hope that you will be able to change their attitude because it’s too dangerous.

It’s one thing when you meet someone and you are in their life and you know, you want to step in as I like to say, and save a wounded bird but when you have a team, this is what you must understand. You are putting everybody at your team in a precarious position. When Brett and I owned Powder Blue Productions, we worked on such small margins; we couldn’t pay our staff very much. I mean we paid them way below industry standards for every job that they had and we had incredibly talented, amazing, dedicated, good attitude people but from time to time, we would have someone because unfortunately we made mistakes in our first business and we didn’t make every single hire and some of the hires were brought on by other managers and from time to time, we would bring on someone who had a bad attitude.

And because we weren’t able to pay our employees at that time in that first business, enough money – you know so that they didn’t want to leave to find a better job, we had to make sure they loved everything about their job. We had to make sure that they woke up on Monday mornings and they were like, I love what I do and I love who I work with. And it was my belief that if we had somebody in there who is a bad egg, who had a bad attitude that was making everybody’s job less enjoyable, less attractive. So I know if I had someone who has a bad attitude, it’s affecting everybody and then it’s affecting – that was a perk. It was a perk of working for Powder Blue Productions that everybody there – it was fun and uplifting and sweet and had a good attitude.

So if we had one person who had a bad attitude, I saw it as taking away one of the perks of working for Powder Blue and we would try to get rid of them as quickly as possible. So for those of you who are leaders, hire for attitude first and a Can Do attitude. How do you know if you have a Can Do attitude? A Can Do attitude is the person who doesn’t seem discouraged. They give you that face like ah I don’t know but I can figure it out. That sounds very challenging but give me a minute and I will try to figure this out. I will research it, I will figure it out. They are the person who isn’t keeping score.

You know the type, right? It’s like a grown adult who acts like they are keeping track of what mom and dad are doing to figure out what sibling they prefer. Right like well you didn’t let me sit in the front seat on Tuesday, how can Lisa get to sit in the front seat but they are adults who act this way. They are always keeping score, they are always keeping record and they never forget. It’s like they carry around a little book and they think life has got to be fair. Well yeah, life is fair but it isn’t fair in the way of keeping score. It doesn’t work that way. You have to put other people first and that’s what people with a good attitude do. If you will have a great attitude, you get the opportunities. People are attracted to you, people want to spend time with you, people like you. People want to give you a chance. People feel more productive around you, people are more excited to be around you.

When you have a staff who has a good attitude and a leader who has a good attitude, that’s infectious and it affects the morale of everybody who’s on the team and when that person is not complaining and they are talking about, we can do this, then everybody else starts to feel that and everybody starts to want to be around that person. They want to spend more time with them and they want to adopt their optimism. They want to adopt their positive way of seeing things. Somebody with a bad attitude has got to go. If you have somebody on your team who’s got a bad attitude and you can’t get rid of them for whatever reason, then you have to minimize the amount of attention and platform that they have because someone with a bad attitude, the most dangerous –

I forgot to put on my Do Not Disturb. Can I do that now? Someone will be trying to call me. I mean, it’s kind of ridiculous. I am like Oprah, listen, I am busy. Girl, I am busy. We can talk in a minute. I can’t turn it on right now. She is just going to have to wait. She gets like that though you guys, it’s hard. It’s not easy, yeah. It wasn’t you, okay. Where was I? Scroll, you thought it was your phone, no it’s me. Where was I? Oh! You have to get rid of them. You have got to get rid of them as quickly as possible. They want a platform, they need a platform and they want drama. I don’t even know if they want drama, they want validation. They don’t want drama, but it feels like they do but really what they seek is validation because they don’t like where they are at and that bad attitude is difficult sometimes to get rid of but you have got to as quickly as you can get rid of someone with a bad attitude.

All right, so let’s talk about some science. By the way, I want to see some of your comments. Yeah out of my car. So yeah, those of you who are lifers, you know what I love you guys. You are so awesome. My lifers know that I have this thing where it’s like if I fall in love with you, I will say, I want you in my car, we are taking a journey together but like as soon as I figure out you have a bad attitude or like we are not a good match, I am like you should get out of my car. Like for example, may I for just a moment digress and by the way to my podcast editor, you can take this piece out but I have a fashion account on Instagram. It’s called Chalene style and I post like interiors and I post fashion stuff and I like what I wore today or whatever. It’s just for fun.

And the other day, I posted like those – you know, the shoes your grandma wears like they are very sturdy shoes. They are very sturdy, this color TEN shoes and they have like two big Velcro Straps over them. Do you know what I am talking about? Do you know what I am talking about? They are like this wide and they’ve got two big Velcro Straps over them and they are a bone color. Do you know the ones I am talking about? Yeah, well someone posted on there and they are like, and all I put under the caption was, just check in and see if you are paying attention because like usually, hey \_\_\_\_\_ (0:20:40).

So I posted that picture and then the only comment that I put underneath it was just check and see if you are paying attention, right just to see if people are paying attention. So one person posts, how dare you? You professed to be a positive person and you are just making fun of people and this is so negative and I am like bye bye now, bye bye. Like you don’t have a sense of humor. You should get out of the car now. What I am going to do is I am going to – there is a stop sign coming up here and I am going to roll up to this stop sign and what I am going to do, I am actually going to stop. I am not going to just like roll through. I am actually going to stop and I have a Range Rover and the Range Rover has this amazing feature where you just – you press this button and it actually lowers the vehicle and I am going to lower the vehicle and then you get the hell out of my car because if you don’t have a sense of humor, you should get out of my car. Like positive people can’t make jokes about shoes, get out of my car like we don’t get each other. I am not going to make fun of my grandma. My grandma is amazing but you can get out of my car and I will even lower it for you because I am kind that way but I need you to get out of my car ASAP.

So how do you know – you know what I am going to be talking about right? And here is what I started to do, I am like oh shoot! I am going to have to respond to her and I am like, you know like going crazy responding to her and I am like, no, no you do not need a platform. No, no, no, no, no you do not need a platform. You do not get a reply, bye, bye. Okay so first I want to give you some tips on how to identify if perhaps your attitude is showing yeah like a whale tail right? Okay so here are some ways to figure out if your attitude, your negative attitude – sometimes it is negative attitude, sometimes it’s an attitude of lack of confidence. Sometimes it’s an attitude that you just don’t believe it’s possible like that shows sometimes right like you want people to believe but you are like, I need them to – And I want them to know I believe but sometimes what you are saying and doing, it doesn’t match up.

So how can you make sure that that’s not showing? Well #1, if you have the inability to just even when you think, well I know I am right in this situation, but we are still fighting and he or she is not going to see it my way and I am not going to see it their way because I am right. I am right. If you have an inability to just go, hey let’s move past this, I am sorry about that. If you have the inability to just say I am sorry and if you have the inability to see that peace is your goal, you might have a bad attitude, yeah. If you have the inability to accept responsibility when you know you have done wrong, if you have the inability to be empathetic like to see things from the other person’s perspective and at least go hmm yeah I can – I never thought about it but from their perspective, I can see how that might have come across.

If you have that inability, that’s a bad attitude. If you feel as though, honestly just answer this question for me. If it often feels like everybody else gets the breaks and that you are treated unfairly, if you feel that way and you’ve actually said that in some form or another, I promise you, people know you have a bad attitude and that might be hard to hear. I am sorry, I love you. I knew this is going to sting a little bit but if you really feel like everybody else gets the breaks and it’s not fair and it’s not right because you did, did, did, did......and I will show you because I keep a book.

I keep a little journal so that I can keep scope and I can keep track of every time you did this for this person and this person and this person and you didn’t do it for me and it’s not fair and hey, I just want to point out and you know what, your cute little, sweet little way of saying it and your pleasant little email and your very kind way of explaining it to the other person that I noticed you did such and such for so and so and you didn’t do it for me, it doesn’t matter how you say it, it doesn’t matter if you send a gift along with it in a beautiful card, it shows that you have a bad attitude. It shows that you are thinking about you first.

My son and my husband play – no, okay my husband coaches a team. My son plays on the team. They are I believe 24 games undefeated. Last year, his junior year, they had the deepest pool of talent in the high school’s history. They had about 4 or 5 amazing kids who quite frankly could play Division 1 football but they were all about me, me, me, me, me. Throw me the damn ball and they had parents who were like, by the way, here is how many times my son was thrown the ball and by the way, here is how many plays my son got in for and how many don’t play that game.

Now my father-in-law is the head coach and he is like 70 years old and he is the OG and he’s not played a game and he doesn’t care what schools you had been recruited by and who your father is and what kind of you know, \_\_\_\_\_ (0:26:42) you can run and he was like, you are out. Don’t let the door hit you in the ass on the way out, get out. We don’t need you. You are a bad Apple and the team was very disconnected and they lost their first two games because they are all worried about getting theirs, every single one of these kids and it started trickling down to the good kids too. Then the good kids wanted to know like why they weren’t getting theirs and they lost their first two games and you know what, we had a mass exits. We lost five amazing, amazing players and everyone thought, well what in the world will they do? They are going to lose.

They haven’t lost since. Bye bye now! \_\_\_\_\_ (0:27:38) Bus driver will be pulling up to the light. They open up the door like this on a bus and they say, get out and take your parents with you, bye bye! And they haven’t lost since and I had the boys over here just last Thursday and I made them – I made an overwhelming breakfast the senior linemen and I said to them and I might have burnt bacon and I said to the boys, tell me what your favorite part about this season so far versus last year and here is these big giant linemen and one of them said, it’s fun, we like each other and we sing.

I am like you sing? And they are like yeah, we like we sing on the way to the games on the way home and I am like really and Brett, my husband goes, it’s so weird like every – for the last like 10 years, kids usually they all put their headphones on and they all just like listen to Rap. He is like, this team you think it was like the Cast of Glee but you guys, that’s what happens when you get rid of a bad attitude because a bad attitude is a cancer and good attitudes with decent talent will win a championship but exceptional talent with bad attitudes will lose.

Look at the records. Now, the next way that you might know, thank you so much for sharing Jen, I love you and Bree, thank you so much. And so for those of you who just have joined, hi my name is Chalene Johnson if you have not yet followed me, all you have to do is tap the little guide down at the bottom. Well Kay [ph] is here, hi [ph] talks about this topic all the time. Be sure to follow [ph]. He is I believe a 12-year-old author of Tips for Kids on Success and he is awesome and thank you to everybody else who just shared too. My name is Chalene Johnson and I am a New York Times bestselling author and tonight, we are talking about attitude and how attitude is so infectious in a good way, in a bad way. Your attitude is your best friend or your worst enemy.

If you are a leader, you must get rid of bad Apples fast, as fast as you can. Don’t try to convert them, don’t assume that you can change them. Get rid of them. How do you know however if by chance your attitude even though you are smiling and you are positive and you say you’ve got a good attitude but do people actually think, is it showing that you might have a bad attitude? Here is another way you will know if you have a bad attitude and it’s showing. You think the worst of people. You assume most people have a negative ulterior motive. If that’s the case, that’s an attitude issue.

People with the positive attitude assume the best of others and they don’t – they don’t assume that they are coming from a place of negativity or evil. They assume that people are coming from a good place and then they often are surprised when it happens time and time again but in general, most people with the good attitude assume other people have a good attitude too. You know you have a bad attitude if regularly people have to talk to you off the edge, right like you are like losing it again and you have – you are constantly on the phone with so and so saying, I just need to quit this job and this person is driving me crazy and I just need to leave this marriage and I can’t believe so and so did such and such and I can’t believe she is doing it again and if you are constantly being talked off the edge, there is a very good chance that people, you are broadcasting to the world that you have a bad attitude.

Oh here is a really good one. Now I want you to ask yourself this question. Okay be really, really honest. I want you to do some self reflection, okay. Are you going to do this? Are you willing to do this? Okay good. Here is what I want you to do. In your life, would you say that there is a history of – there is some – at any given time, there is always someone that you can’t stop obsessing about and that you are angry with and you want to demonize them and you are like, yeah now that I think about it, last year this time, it was so and so or last month at this time, it was yeah the root of my – all bad things in my life are because of this person.

Yeah I come to think of it, I do that and I keep obsessing about this one person like man, if this person would just go away or if they would just do things my way or if they would just you know cut me some slack and if you have a history of that like always like kind of like hanging your problems or your situation on like one person and obsessing about them, it’s – that has a lot to do with your attitude because it’s about you and people with – and I \_\_\_\_\_ (0:32:50) it’s called a bad attitude. Let’s call it an attitude that needs improving. You have an attitude that needs improving if it’s about you and it’s not about other people first like taking care of other people. If it’s not about taking care of other people, then you have an attitude that needs some adjusting, yeah.

You know you have a bad attitude if – I’ve got a couple more. Ready to go. What you call motivation sounds to other people like anger. That’s an attitude that needs to be improved. If a lot of what you talk about is – you know it’s uplifting and you are trying to give people tips but it really comes from a place of jealously and you are pointing out other people’s – how other people are not as good as you, that’s an attitude that needs adjusting, just saying.

Okay, so what do we do about it? Help. What do we do about it? I’ve got tips for you. Okay so I’ve got these phrases and I want you to write them down. Okay now, if you are listening to this and you are driving, then do me a favor. Rewind it and write these down because they are going to help. Attitude is a habit, that’s all. And if it’s a habit, that means it’s a skill that can be improved and any skill is something that all of us can improve, right? So it’s not like something you’ve to be born with and certainly there are people who are born with a good attitude and certainly our family, our environment, our job, our situation, our marital or romantic relationships, all of those things affect our attitude but ultimately it’s the one thing other than your food that you can control.

You can actually control your attitude but it is a habit. So let me give you some great suggestions and I want you to write these down because they are really going to help because at the beginning of this broadcast, someone asked me, Chalene, do you have bad days? And the answer to this is like, of course I do but I actually have a lot of things that I say on repeat that pull me out of it and I want to share them with you. Are you good with that? Okay so here they are. I wrote them down.

The first one is, whenever something like majorly bad happens, I don’t want it to be bad. You know and I don’t want to think about it being bad even if it’s like majorly bad. I will say to myself immediately, okay well, this is positive because – this is good because and I try not to take it. I try not to look at the negative and I try not to take it personal. Can I give you a very honest example of this? Maybe this is too personal. Huh! I could get into trouble but who cares! There is only 400 of you on. Okay, fine I will.

So I was at a Beachbody last week and when you walk into headquarters, they have posters of all the trainers, right and there is this real subluminal thing. You can probably see it when you login that the trainers that they want you to like think about are bigger and they are up front. And I’ve always been one of those trainers who is like bigger and up front and like in the center. And we walked in and I looked over at a poster and I am like, oh no! I’ve gotten littler and I am in the back. I am like in the back! And I was like ah...I am fading and I thought okay, that’s okay, that’s okay, that’s okay.

This is the positive because I want to be in control of my situation anyways and I am happy that most people honestly now think of me as a business and expert in business and personal development. So I am like, okay it’s a good thing. It’s a positive thing and everybody else needs their moment to shine, everybody else needs their moment in front. I mean I will never forget when Brett and I owned Powder Blue productions and it came time when I just absolutely had to pull myself out of the videos and start developing other talent to be on camera and the very first time we started putting out promotional pieces in collateral that didn’t have my picture on it, I was like this feels weird, this feels weird and I just had to remind myself, okay this is good. This is positive.

So always remember, whenever you see something negative, find a positive. Just look for it like desperately look for it. Focus on the positive. Here is another phrase that I use. That’s okay, I will find a way. That’s okay, I will find a way. Write that down. That’s okay, I will find a way. Here is another one. You know what, it’s no big deal. It is no big deal. We had some people here helping in the house. This is a couple of weeks ago and I had this beautiful, beautiful Waterford Crystal Chandelier candelabras from my great grandma. They are beautiful and but they don’t match my decor or anything but they are beautiful and they are very sentimental and one of them got knocked off the table and smashed to smithereens and my first instinct was like, I am not – because it felt sentimental and I was sad but I thought to myself immediately, I am like that’s okay, it’s no big deal.

They were a gift that meant a lot. They served me and I want to thank them as I am sweeping up these pieces of crystal. I want to thank them for the love and the happiness that they gave me and what a beautiful gift it was when she gave it to me but when I received that gift from her, that’s when it served its purpose. And that’s okay because they didn’t match my decor anyways and it was – the intention of the gift was received when she gave it to me.

So you just have to immediately change and you just have to say, it’s okay, it’s okay. It’s not that bad, it’s not that bad. Here is another phrase I use all the time. Whenever I get bad news, I immediately go, well but the good news is, like the other day I woke up and I was really sick and I had laryngitis and I was supposed to be recording voiceovers for one of my academies and so rather than waking, I am going, of all days, this is the day I get sick. I woke up and I said, well the good news is, I don’t have to work today. I don’t have to do anything because really my work is talking. So I am like ah cool, I don’t have to do anything today, that’s kind of good news.

So ask yourself next time something bad happens, well the good news is, all right next one. I always say this to myself. Well there’s got to be a solution. There is some kind of a solution. There is something else we can do. No matter how bad it is, I also remind myself of this. Well, it can and it will get better. It can and it will get better. It will and if you believe that it won’t, it won’t and if you believe that it will, it will. You know why because your attitude can move mountains. Your attitude will get you opportunities, your attitude will attract the most amazing opportunities to you and the most amazing people and your crappy attitude will continue to attract crappy things into your life. So get a better attitude. It’s the most valuable thing that you have. It’s more important than your talents, it’s more important than your good looks, it’s more important than the people that you know, it’s more important than the car that you drive or the school that you went to. Your attitude is freaking everything.

It determines your level of success, it determines how long you will live, did you know that? People with a bad attitude have a bad life and they die young. All right, two more things. That is whenever things don’t go as I would like them to, I remember this. I got it good, I got it good, I got it good. And then I start going through my blessings. Oftentimes it’s people that upset us the most. I don’t know why but it is like when you are upset when you are having a bad day. Am I right that it’s usually because of another person? It’s not necessary – I mean like you can handle having a flat tyre.

You can deal with the fact that you are having a Bad Hair Day, you can suck it up if money is tight this month but when things really feel bad it’s because things are not going well between you and someone else, right? So whenever that happens, I try to remove that person from the picture, put them off to the side. It doesn’t mean I have to get rid of them. They are still there. I obviously still have to deal with them but then I stop focusing on them and I go, I got it good. I’ve got the most awesome friends in the world and I can just call one of them right now and laugh my butt off.

I have kids who don’t do drugs. I have a husband who adores me and makes me the best cup of coffee every single day. I have a 14-year-old black Lab who acts like he is a 2-year-old puppy. I got it good. I got it good. I have a Pre-Lit Christmas tree and it’s already up. I got it good. This person is upsetting me but you know what, I got it good. So of all the bazillions of things, I have to focus on why am I focusing on this one negative when I have a brand new – I have brand new Lip Gloss and I have brand new waterproof Mascara. Why am I letting this get me down? I’ve got it good.

So just remind yourself that like the second you think of somebody negative, are you doing it right now? I want you to say to yourself, I got it good. I got it good. I am blessed. It’s impossible to have a bad attitude and you feel blessed at the same time, you can. Okay so you’ve got to remember that the world isn’t conspiring against you and as your attitude improves, the world will conspire in your favor to have the most amazing things happen for you. You have to believe that and when you believe it, it does happen.

People with a good attitude, if you ask them about their values, they don’t even believe, they are like well I guess they even consider that a – like they have a hard time framing something that they did that by other people’s standards might be a failure. They have a hard time framing it as a failure because they honestly don’t see it as a failure. I see my failures as phenomenal fodder for my next speech. Every time I fail, every embarrassing moment, everything that goes awry, I am like cool, I can use this to teach other people or this is a very funny story I will be able to tell people.

Your attitude is everything. So work on having a better attitude, make sure that you are spending time with people who have good attitudes and I know if sometimes that’s not up to you because sometimes they are in your own family and it’s funny how people with a really, really positive attitude tend to be like drawn to those with the negative attitude. I don’t know why, we just do that but where you have choice, make me a promise that you would choose to spend time with people who get it. People who are like, this is no big deal. It’s no big deal. You can get – you got it good. Look on the bright side, be positive. Hang out with those people. Do not hang out with people who are like, I know whoa.....like yeah I know, we should – everybody hates it like don’t hang out with those people, okay. Kick them out of your car.

Oh actually you want to see if we could get together. I would love to but unfortunately I have plans, shoot! Yeah, I ain’t got time. Nobody got time for that. Nobody got time for that. So quick comments and then we will shut this down. Don’t let downers steal your joys, your happiness and positivity hahaha! Shoot! Shoot! I am all booked up that day. Oh my gosh, I am so sorry, I am super busy. You, oh you are welcome. That was so sweet. Who said that? Teresa, thank you for the sweet message. You are welcome. Thoughts become your reality, don’t they? So true. I am super busy. Oh my gosh! I wish I could come. I wish I could like have lunch with you and such and like do you have time to jump on the phone and you are like, oho! I can’t, shoot!

Oh the hash tag yes, so you are going to use the hash tag Christmas lights anywhere. Tweet it to me, put it on Facebook and when you use a hash tag in the next hour, I am going to find you. You are going to use the hash tag Christmas lights. You can do it. You can do it on my last Facebook post. You can do it on Twitter, you can do it under my last Instagram post. I will find you, I am just going to pick somebody randomly and I will send you a message and I will tell you that I am going to be sending you a copy of The School of Greatness. How cool is that?

And if you want, I will send you a copy of Push too, that’s my book. The School of Greatness is a book that just came out by my friend Lewis Howes and I bought lots of them and I could also send you a copy of Push if you’d like that. I am not trying to push my book on you but I would be happy to do so. You just send me the Hash Tag Christmas lights and I will find you. I will be broadcasting tomorrow till tomorrow evening and we are going to be talking tomorrow evening about stuff related to business. So I am hoping that you will be on that scope because I am going to talk specifically about how to use Periscope to boost your business and specifically how to use a two-minute clip from one piece of your periscope and how to use that to boost your Facebook activity.

So it’s a very specific clip. I am going to talk to you about how we do it and I will be talking to you about that tomorrow night. If you haven’t already – Hi Zen, what Zen, in what – what Zen, what? Oh your module was an accident \_\_\_\_\_ (0:48:00). Yeah that’s what I am going to talk to you about tomorrow. What do you want to – so we did this last night. It was really fun for me and that was I did a lip-sync for you and then you can tap the screen while I do my lip-sync because it takes approximately a minute – two minutes to give 500 hearts. So can I lip-sync for you guys? Santa, Tray but I want to make sure I answered any of your questions. Excited for tomorrow night? Yeah this is so cool.

We are getting about 200,000 views from this little teeny-tiny clip that I am taking out of a periscope for each one of my periscopes. So I am going to show you that tomorrow, yeah. Thank you for being at the Edge. Thanks Rachel, I am glad you were there. Yeah it’s awesome. What – Coach Glitter is here too? Yeay. Can you help our family member be more positive or should an outsider do it? Therapy, it depends. Hard to answer, you now. Yes around this time, yeah probably exactly – probably 5:30.

Chalene, Doodle – we got Doodle Girls in the house. What’s up girlfriend? I am buying your book tonight, I cannot wait. I hope that other people are following you because it’s Discovery Doodles, check her out. She does amazing business Doodles. I can’t say enough great things about what it’s done for my Doodling, exciting. Chicago Tribune called today about the book. Are you kidding? That is so exciting. I got to get caught up Discovery Doodles, yes you will check her out. Diane Black, I think she is under Diane Black or if you look at the people I am following, does it show up under Discovery Doodles or Diane Black, I can’t remember. Okay cool, let’s see, you are ready?

[Video song From 0:50:08] I wonder if this is clean? Is this the clean version, oh oh! I hope so. I think it is. But who is interested in watching this?

**Brett**: You guys like this? Is this good?

**Moderator**: Say potato if you are not interested. Come on, this is how we are going out Sierra. This is how we are going out.

**Audience**: Potato, potato, potato!

**Moderator**: Stop it! This is how we are going out. 350 people really enjoyed it. They really enjoyed it. I can’t believe I just had video bombers, they are so jealous of my – they had bad attitudes. How appropriate that they had bad attitudes. You too!

**Brett**: Why do I have a bad attitude?

**Moderator**: Because you, I don’t know maybe you don’t. Your mom is fly \_\_\_\_ (0:52:02) they said, thank you. Sierra, smile, come on down there. Jen is on, say hi to Jen. Say hi to Jen.

**Audience**: Hi Jen. Did you say potato?

**Moderator**: French fries no, I was on scope. All right guys, I love you. They say cute leggings. It’s your daughter’s name too. Yeah that was my husband and that’s my daughter. Where is Brock?

**Audience**: All back.

**Moderator**: All back. You should see what Brock eats on Monday nights from Albac. How many calories would you say this is?

**Audience**: I don’t know what I eat.

**Moderator**: He said giant, giant thing of French fries and cheese and chilli cheese and then a steak, it’s like this big. I think it’s probably more than that. He has a lot, it’s a lot. Have her sing a song. Can you sing Sierra? Hmm really? Oh I know when you can do with me.

**Sierra**: I knew you are [Inaudible]

**Moderator**: Why? Come on, do it.

**Sierra**: [Song till 0:53:37]

**Moderator**: She loves that, you guys. She loves it.

**Sierra**: [Song till 0:54:00].

**Moderator**: We got to go now.

**Sierra**: [Song till 0:54:15] We are saying goodbye for you.

**Moderator**: I know....Ah keeping me humble you all, keeping me humble. Bye.