

Chapter 8

Activity 5: Choose Your Attitude

Discussion

The fish guys are aware that they choose their attitude each day. One of the fish guys said, “When you are doing what you are doing, who are you being? Are you being impatient and bored, or are you being world famous? You are going to act differently if you are being world famous. **Who do you want to be while we do our work?**”

Journal

In what areas of your life or work do you feel stuck? What choices do you have?