

4 STEPS TO REFRESH YOUR ATTITUDE

1. TAKE RESPONSIBILITY FOR YOUR OWN ATTITUDE

It is so common to blame others for “making” us feel certain ways, but ultimately we are in charge of our attitude. In order to refresh your trust picture of your partner, you must own your attitude toward them.

2. REMEMBER YOUR PARTNER’S STRENGTHS

While there will be times that your partner’s strengths may be overshadowed by your negative opinion of them, it is important to call to mind the way the strengths that they have.

3. REFLECT ON YOUR PARTNER’S STRENGTHS

Brining these strengths to the forefront is important, but also take time to think about how your partner’s strengths positively benefit you + impact you. How do their strengths benefit you?

4. EXPRESS IN WORDS + ACTIONS YOUR APPRECIATION OF THE WAYS YOUR PARTNER BLESSES YOU

The last step is to tell your partner that you appreciate him/her and the ways that they bless you. This step is critical because it is important for you to get out of your own head and start acting out a more positive attitude. Just for an FYI, telling your partner that you appreciate him/her isn’t just saying “I appreciate you” but rather being specific about how qualities about him or her benefit you and enrich your life.

HOW TO IN THE HUDDLE

Refreshing your trust picture is mainly a within activity, meaning something you do on your own.

But every huddle make sure to practice express your appreciation of your partner + how he or she blesses you to your partner.