



Radio Spot

Family Life Month Packet 1997
Family & Consumer Sciences
Campbell Hall
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Families: the strongest link

Attitude, Attitude, Attitude!

Bronwyn Bell, CFCS, Henry County

Attitude, attitude, attitude. It's become such a catch-all word, it seems as if we cannot go through a single day without hearing or reading about "attitude." This is _____ from OSU Extension in _____ County with another Family Life Month Message.

The way we interpret what happens in our lives plays a big role in our attitude, in what we enjoy, and in what we get out of life. If we concentrate on the positives, we are said to have a positive attitude. On the other hand, if we see only the negative, our attitude becomes quite dreary.

A positive outlook is important. It provides the courage to address problems, and the power to take action before they get out of hand. Unfortunately, we all encounter events that can shake a positive attitude. When this happens, you need to conduct an "attitude adjustment" and work to regain your positive outlook. Then, tackling problems becomes much easier.

If you would like more information on this and other family issues, feel free to contact me at the Extension Office at _____.



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