



Matt Upton
Speaking of Success

Twelve Tools to Change Your Mindset from Heavy to Light, from Draining Energy to Giving Energy

- 1) Look for the good in situations
- 2) Learn how to locate the good in a bad situation
- 3) Discover the opportunity when an obstacle faces you
- 4) Seeing “what is right” with things
- 5) Treating others the way you desire to be treated
- 6) Encourage others when they need in-couragement
- 7) Releasing others from owing you when they have hurt or offended you
- 8) Allowing the negative and poisonous things of life to disappear as the sun sets in the evening
- 9) Accept the bad days as a day that will pass away
- 10) Saying nice or humorous things
- 11) Deciding to be internally happy ... this is called joy
- 12) Be responsible for your attitude and words

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Let's Stay Connected ☺

I look forward to remaining connected with you. When there is anything I can do for you, just ask.

Lets plan an event together, like an in-service, back to school meeting, or a community engagement.

Call or text me anytime: Direct: 916.708.8103

Email me at: success@mattupton.net

Look at my website at: www.mattupton.net

Connect with me on Facebook: facebook.com/Mattspeaksofsuccess

Follow me on Twitter at: @mattuforward

Participate in my call in show:

Thought-Filled Tuesday

Time: 6:30-7:05am (pct)

Call in number: 712.770.4010

Access code: 788638

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