

Real Life Management®

Real Lifestyle Coaching



Attitude 'ALTER'ation

The good news...at Real Life Management® in 3 minutes or less, we can help you identify your ATTITUDE about BELIEFS and CHOICES. We will assist you in ALTERing or balancing your attitude in order to manage life's choices and decisions in a positive way.



Here is even better news. We won't ask you to change or make you feel guilty about who you are. Why? Because so often 'CHANGE' is a negative word, but you are wired the way you are supposed to be...you might, however, use your attitude wiring as a weapon or an excuse.

Many times individuals confuse attitude with personality. I don't like the word 'personality' because too often we use it to excuse behavior and attitude.

Are you ready to improve those attitudes and beliefs in order to have better choices which will lead to improved decisions and a brighter destiny?

Here is **Alter Your Attitude**; a simple but thorough process for living and managing your life:

- A Acknowledge** your goals, and most importantly be aware of your attitude and who you are.
- L Learn** that retailers, the media, the government, etc. do not have your best interest always at heart. It is your job to become educated about your goals and protect yourself.
- T Tactically** plan a strategy that fits your attitude. Customize instead of Generalize. Don't try the quick fix; one size fits all programs- chances are they won't work because they don't fit your attitude.
- E Execute** your plan, whatever it is, and stop thinking and talking about what you are going to do. Make sure your customized plan fits your attitude in a way you can manage for a lifetime instead of a 30 or 60 day quick fix.
- R Re-evaluate** your short-term successes and don't try to 'eat the elephant in one gulp'...try one bite at a time. If you have struggled for years with an issue, you will not fix it overnight, no matter what the retailers want you to believe.

Providing the education you never learned in school
on fitness, finance, family issues and how they are related
www.RealLifeManagement.com

REAL LIFE
MANAGEMENT®



Wayne E. Nance is the President and CEO of Real Life Management, Inc. Today, Wayne is a highly regarded speaker and trainer, co-author of *Mind Over Money* and *Liten up for Life*, as well as former syndicated radio host of *Get Real, it's a Real World*. As founder of Real Life Management, Inc. he has developed the ABC's of Real Life Management program currently being utilized by top corporations, organizations, institutions, and church groups.