

pages

10

25-28

61-64

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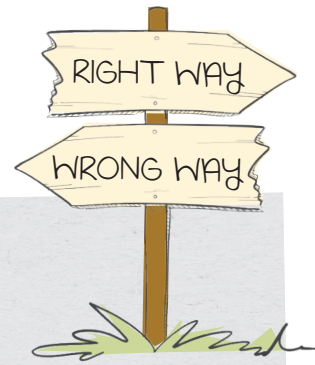
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Your attitude is contagious - is yours worth catching?



Q What can I say to myself and to others that is positive?

A Instead of ...

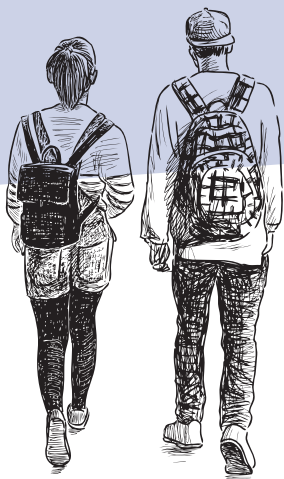
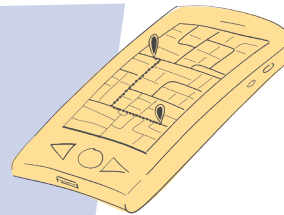
- * I'm hopeless at ...
- * I always stuff up.
- * I'm useless at sport.
- * It's not fair.

Try saying or thinking ...

- ♥ I'm good at lots of other things.
- ♥ I try my best.
- ♥ I can do better with practice.
- ♥ Life's not always fair and that's OK.

Make Crossroads your GPS

When you're planning your journey through secondary, it's not only helpful to know where you are going, but also how you're going to get there. Before you start, you need to know that you won't be travelling alone – you'll be surrounded by **W.E.S.T.** people. Maybe you've met **Westies** before? They are the people who ...

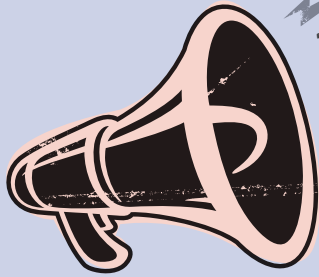


Welcome
Encourage, say
Sorry and
Thanks

Identify the **WESTIES** in your life. Who are they and what qualities make them **WESTIES**?

Topic 5
 You are in charge
 of your attitude

courtesy
 accountability
 respect

Do you use a
 positive voice
 to make the
 right choice?

CHOICES, CHOICES!
 We all have many
 choices to make in
 life. Your attitude is a
 choice as well!

**ATTITUDE
 - it's your
 choice**

- ⚡ Commit to being courteous.
- ⚡ Pause to think before you speak.
- ⚡ Consider how what you say will make another person feel.
- ⚡ Accept that you're responsible for your actions and for what you say.

Consider this ...

We can't control what happens to us in life, but we CAN control how we respond. We need to make it our motto to ...
CONTROL THE CONTROLLABLES.

Review an event where you had to control your response.

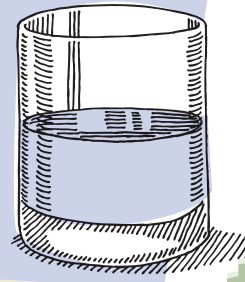
What happened? _____

How did you respond? _____

How might you respond next time? _____

Are you a glass half-empty or glass half-full person? Does it matter anyway?

Looking at things through a positive lens can make all the difference.



Turn that frown upside down!



There are so many situations in life that we can choose to look at in a positive way, even if they don't seem great at first. How can you turn the following situations around so that they're positive? Can you think of some other 'negative' situations you can turn around?



* It's raining outside and you'd been planning to meet some friends for a picnic.

→

* You studied really hard for an exam, but you didn't get the marks you were expecting.

→

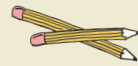
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You have control over your attitude



Make a list of people who inspire you to be positive and why.

-
-
-
-
-


In the column below, note some moments that have been positive.

Note some moments this year that have been negative. Now, draw a smiley face next to the moments you turned from negative to positive. If you haven't, maybe this is your chance.



Happiness habits

Happiness habits are fuel for your positive attitude. There are many things you can do to feel more positive. When you feel positive, you show more courtesy towards others, you are accountable for your actions, and you demonstrate respect for others in your actions and words. Here are some ideas. See what works for you!

- ✧ Prayer, meditation and mindfulness
- ✧ Writing – it could be a journal where you record things you're grateful for, poetry, or a letter
- ✧ Being in nature
- ✧ 
- ✧



I feel positive when ... 

- I take my dog for a walk.
- I help others.
-
-
-
-
-

Jesus' attitude

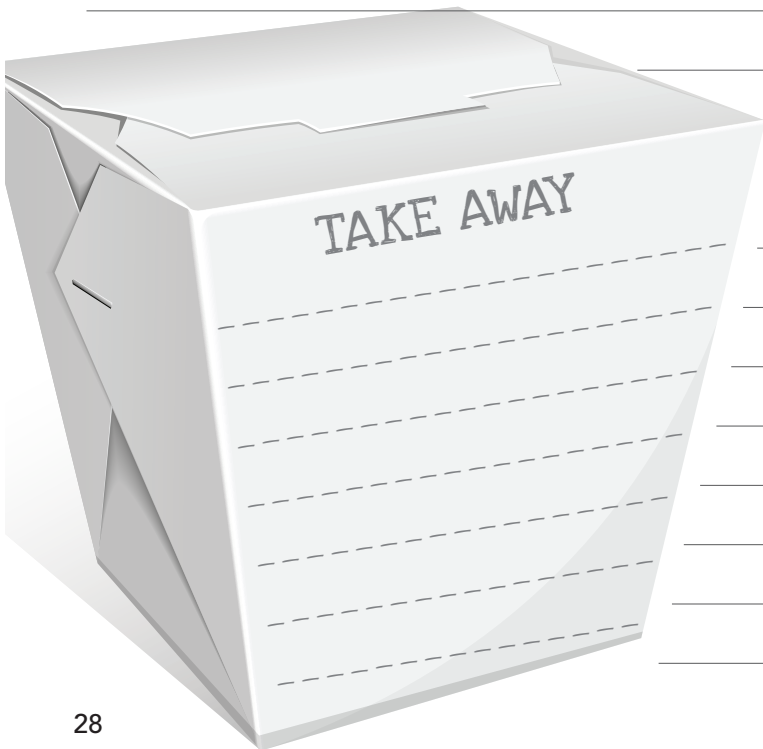
Jesus chose an attitude towards children and the marginalised that meant he included them in his plans. Your attitude is about the choice(s) you make and how you reflect on your mistakes. Choose ONE area of your life that you know needs a change of attitude.

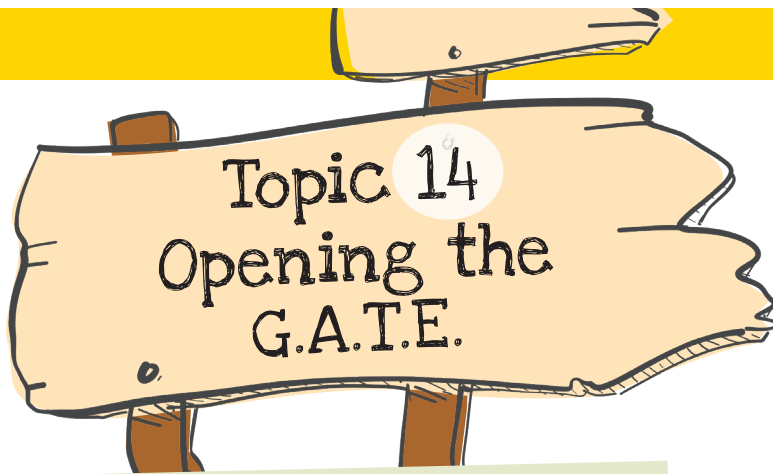
Then he took a **little child** and put it among them; and taking it in his arms, he said to them, **"Whoever welcomes one such child in my name WELCOMES ME ..."**
(Mark 9:36-37)

The one area in my life I would change is ... 

JOURNAL

Take your time to write your reflections on attitude. How are you going to be accountable to yourself in regards to having a positive attitude? How will you 'control the controllables' in your life?





gratitude
appreciation
thankfulness
enthusiasm



What is G.A.T.E.?

G.A.T.E. is an acronym of four important habits that all of us are capable of demonstrating to each other every day. These habits are not always physically visible, but they are important emotional habits to have and develop as we grow older. We are in control of developing our G.A.T.E. habits.



Remember, all the G.A.T.E. qualities are a choice that you can make!

To open a gate means to allow access to someone or something. When we open the G.A.T.E. we engage in grateful, appreciative, thankful and enthusiastic actions towards others.

Why do we need G.A.T.E. in our lives?

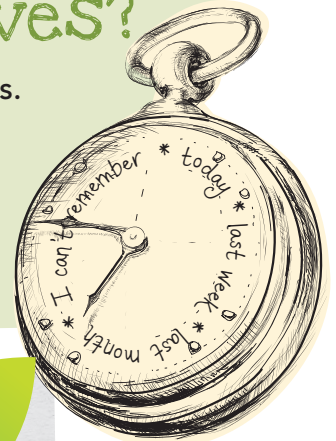
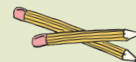
We all need reminding about the need to create G.A.T.E. habits in our lives.

When was the last time you thanked people at home for cooking dinner?

Or for driving you to school or your sports training?

When did you last say 'Great lesson!' to your teacher?

today last week last month I can't remember



An attitude of gratitude not only brings happiness to others, but helps with our mental and spiritual well-being.



Where is G.A.T.E. in your life?

How often do you think about what you have in your life? Do you consciously make time to reflect? When you think of 'things' in your life, do you think of materialistic things, e.g. make-up and technology, or physical/emotional things, e.g. memories, qualities and experiences?

Stop! It's G.A.T.E. time




Consider the most important 'things' in your life. Add to this list.

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

Review your list and highlight any items that you **COULD** do without. In a different colour, highlight any items that you **COULDN'T** do without.



Q What feeling do you have when you review your list?

A  _____

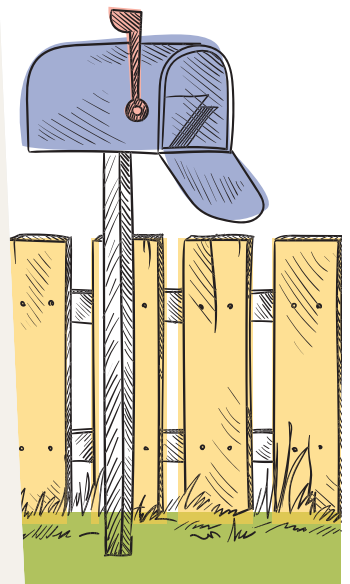


For too long I have
TAKEN FOR GRANTED

and in future I won't
because ...

POSTCARD

To: Myself



Jesus: the ultimate G.A.T.E. person

Individuals and groups of people create beautiful moments because they show up and serve others. Often, these people are motivated by their faith to help others.



Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

Luke 10:38-42



Let's reflect

When was the last time you paused to look for special moments of generosity in your life?

.....
.....
.....
.....

When have you witnessed acts of generosity, kindness and helping others in your school community?

.....
.....
.....
.....

Are you a G.A.T.E. person?

In the Gospel of Luke, Jesus demonstrates many G.A.T.E. actions in his interactions with Martha and Mary. Whenever we reflect on the actions of Jesus and observe care, kindness and gratitude, we are prompted to self-examine if we are living by the same standards. Are you grateful, appreciative, thankful and enthusiastic towards others?



Q Identify a time when you have demonstrated yourself to be a G.A.T.E. person.

A



.....
.....
.....

