

# 101 Attitude Shifts That Will Improve Your Life

## From Ego Consciousness

1. Control and holding on
2. Confusion and scattered thinking
3. Fear
4. Doubt
5. Victim consciousness
6. Blame
7. Needy and controlling relationships
8. Bored and unenthusiastic
9. Worry and conflict
10. Rigid and narrow thinking
11. Closed to change
12. Living in the past and future
13. Holding grudges and bitterness
14. Being righteous
15. Judgment and criticism
16. Denying feelings
17. Resisting life
18. Cluttered
19. I can do it myself thinking
20. Oblivious
21. Day by day existence
22. Doing, doing, doing
23. Separate, splintered
24. Identified with Ego
25. Waste
26. Greed
27. Children as possessions
28. Taking for granted
29. Arrogant, ego attached, cocky, know it all

## To Soul Consciousness:

- Release and Surrender  
 Intention, focus and clarity  
 Love  
 Trust  
 Personal empowerment  
 Personal responsibility  
 Spiritual partnerships  
 Alive and vital  
 Peace of mind  
 Expansive, unlimited thinking  
 Flexible and open to change  
 Living in the now  
 Forgiveness  
 Being happy  
 Acceptance, tolerance, introspection  
 Honoring feelings  
 Allowing and flowing with life  
 Organized  
 Reaching out  
 Self-aware  
 Purpose and meaning  
 Being and doing  
 Connected, wholeness  
 Identified with essence  
 Recycle  
 Simple abundance  
 Children as teachers  
 Grateful and acknowledging  
 Humble

## From Ego Consciousness

30. Weak
31. Low self-esteem
32. Negativity
33. Self-absorbed
34. Five sensory beings
35. Ignorance
36. Lack of self trust
37. Needing to change others
38. Constant activity  
restore
39. Playing it safe
40. Why me? mentality
41. Numbing out
42. Over medicating
43. "I don't need anybody"
44. Fast food
45. Disrespectful of nature
46. Uncaring
47. Fear of looking within  
beliefs
48. Routine
49. Stuck
50. Wavering, uncertain and indecisive
51. Life sucks
52. Greedy
53. Scarcity and lack
54. Serious nature
55. Untrusting and skeptical
56. Living small
57. Defeated, given up
58. The world is out to get me
59. Victim of self-pity; Nothing ever goes my way, but it does for others.

## To Soul Consciousness:

- Self-empowered  
 Self-confident  
 Optimism  
 Interested and caring  
 Multi-sensory beings  
 Wisdom  
 Living by your intuition  
 Acceptance  
 Retreat, rest, quiet time,  
 Willing to risk  
 Trusting in a greater plan  
 Feeling life  
 Exploring the cause  
 It takes a village  
 Conscious meals  
 Respectful of nature  
 Compassionate  
 Exploring and examining  
 Creative planning and living  
 Changing your thinking and your life  
 Ability to commit  
 All is well and in order  
 Giving, sharing, helpful  
 Abundance  
 Playful  
 Discernment and trust  
 Enthusiastic and open  
 Determined  
 The world is a friendly place  
 Accountability/Observer in appreciation

**From Ego Consciousness**

- 60. Incapable and inadequate accomplish
- 61. Martyr: I'd rather do it myself, know it will get done – RIGHT.
- 62. Need for attention
- 63. Belligerent and irritable
- 64. Aggressive
- 65. My way or the highway perspectives
- 66. Unhappiness
- 67. Reactive
- 68. Rough, heartless and cruel
- 69. Abusive
- 70. Cynical
- 71. Envious and jealous
- 72. Undeserving
- 73. Fault finding
- 74. Loser
- 75. Harsh
- 76. Abandoned
- 77. Disappointed
- 78. Intolerant
- 79. Despairing and discouraged anything
- 80. Being a people pleaser
- 81. Doing just enough to get by
- 82. Attack
- 83. Irritable / moody
- 84. Removed / distant
- 85. Selfish
- 86. Competition
- 87. Pessimistic
- 88. Powerless
- 89. Personal power

**To Soul Consciousness:**

- There isn't anything I can't
- Appreciative for support and I assistance
- Self acceptance
- Willing to chill and be aware
- Assertive
- Honoring individual
- Joyful living
- Responsive
- Gentle and kind
- Non-violent
- Friendly, open, and trustful
- Happy for others and yourself
- Deserving
- Seeing the good in all
- Winner
- Gentle
- One with all life
- Seeing the bigger picture
- Tolerant / understanding
- Hopeful and optimistic / is possible
- Honoring who you are
- Doing your best
- Understanding
- Patient, even-tempered
- Engaged
- Selfless
- Cooperation
- Optimistic
- Self-Mastery
- Authentic power

**From Ego Consciousness**

- 90. Angry
- 91. Defensive / Guarded
- 92. Neediness – better/less than
- 93. War mentality
- 94. Controlled by habits and subconscious
- 95. Impatient
- 96. Procrastination
- 97. Needing to prove self
- 98. Intimidating
- 99. Lonely
- 100. Gossip and complaining
- 101. Worry / anxiety

**To Soul Consciousness:**

- Peaceful and insightful
- Open
- Equality
- Peaceful-win/win
- Conscious choice
- Patient
- Self-discipline
- Self-acceptance
- Welcoming and open
- Content with self
- Direct contact and self responsibility
- Faith, trusting the process

The Attitude Doc  
 PO Box 7280 – Ketchum, ID – 83340  
 208-726-9119 or 800-745-3170  
 info@theattitudedoc.com    www.theattitudedoc.com