



## Papa Rock Stars Podcast

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## [Episode 080] Choose Your Attitude, Choose Your Energy

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When I think attitude, I usually immediately think of my teenagers cuz let's be real – teenagers usually have all the attitude plus a little extra, right?!

But, each of us has an attitude every day and the attitude you choose could be helping or hurting you in your life and in your business. Let's take a deeper look at your attitude and see which it is doing for you.

### Listen Now:

<https://PapaRockStars.com/attitude>

### Training:

Do you have an attitude of fearless determination or more of a defeatist?

Let's look at this a little closer. While it seems like a pretty simple question, the answer can be a little more complicated.

When Paparazzi announces a trip or a contest, is your immediate response "I can't because..." or is it "I can do it if I A, B, C..."? For example – convention is coming up in July/August 2019. Have you bought your ticket? Are you working your business so that you can save money to get there? Are you doing everything you can to get to convention?

Or, have you made excuses why you can't go. It's too far. I don't like Las Vegas. It's too expensive. I don't like to ride on airplanes. I don't like crowds. The list goes on and on.

If this is you. Stop. Stop it right now. Your defeatist attitude is keeping you from an amazing experience! An AMAZING opportunity! Put your fears and doubts aside, take a leap of faith – sign yourself up and then get to work. Make it happen!

Do you see the shift here? ACTION. Taking action helps move from that negative, defeatist attitude into a positive, productive attitude. One that will serve YOU instead of the other way around.

Is your attitude positive or less than positive?

Let's take an example that is near and dear to EVERY Paparazzi consultant. New Releases. When you are shopping, do you dwell on the items that cart-jump? Do you get so upset about the items that you DON'T get that you forget to celebrate the items that you DO get?

I'll be completely honest here- there have been times where I let my negative attitude get the best of me and I grump and mope about something I didn't get.

But is this serving you? Will it change the fact that you didn't get that amazing piece? Will the universe hear you complaining and mysteriously send those pieces to your doorstep? Nope. Not at all.

I'm not saying you can't take a minute to be sad, but you HAVE to move on. Change your mood, change your attitude and move forward.

This can be said with website issues, a customer who cancels a big order, a vendor event canceling or a hostess who flakes out. You can't dwell on the negative because it will spill over into the rest of your business.

Truth is, your customers have NO CLUE what you got and didn't get. For all they know, you got them the BEST and NEWEST jewelry available. For all they know, the website is SMOOTH sailing.

You want your customers to have a good experience when they are shopping with you. To have that positive energy because that leads to a good experience. And a good experience is one that they will want to repeat over and over and over again.

Now if you find that you are a little down, a little sad or frustrated – take a minute and move. Do you see a pattern here? Movement helps get that negative energy flowing.

Put on a song and do a dance. Get up and do some stretching or take a quick walk around the block. Play with your kids or your fur-babies. Whatever you need to do to get that positive energy flowing.

How do you frame your business and your life?

We all have things in our life that aren't perfect. That aren't ideal. But how are you choosing to frame them?

For example – if you have your heart on a vendor event and find out that it's already taken or full – is your response to mope and just stay home that weekend? Or do you think, "Must not have been the show for me. Thank goodness I found that out now. Time to find an even better one."

Do you frame your business as something you GET to do, that you enjoy doing? Or does it sound more like a bother or a stress?

You never know who is watching you. Who is considering joining your team. But if they are getting the feeling that your business is full of stress or disappointments or struggles, is that something they are going to want to add to their life? Not likely.

People are generally drawn to things and experiences that will ADD to their life. That will make things happier. Better. More beautiful. Positive.

So be sure that you are keeping that positive energy flowing. Those comments and posts framed in a positive light so that you are drawing people to you.

Remember the quote from the show image. Everything around us is made up of energy. To attract positive things in your life, start by giving off positive energy.

In our house, I always tell my teenagers with attitude that I don't DO attitude. What I really should be saying is that I don't respond well to negative attitudes. When they take a second to move, to shift that negative energy into positive energy and a more positive attitude, we all feel better and have more productive conversations.

And as you work on keeping your attitude positive or shifting your attitude to be more positive, less Can't Do and more CAN do, you will find your business growing and thriving and that you are a little happier too.