

# ATTITUDE

"The longer I live, the more I realize  
the impact of attitude on life.

Attitude to me, is more important  
than facts.

It is more important than the past,  
than education, than money,  
than circumstances, than failures,  
than successes, than what other people  
think or say or do.

It is more important than appearance,  
giftedness or skill.

It will make or break a company...  
a church...

a home.

The remarkable thing is we have a  
choice

every day regarding the attitude  
we will embrace for that day.

We cannot change our past...

we cannot change the fact that people  
will act in a certain way.

We cannot  
change the inevitable.

The only thing we can do  
is play on the one string we have,

and that is our attitude...

I am convinced that life is  
10% what happens to me  
and 90% how I react to it.

And so it is with you...

we are in charge of our attitudes."

*Charles Swindoll*

If you would like to schedule a training or  
speaking engagement for your facility or  
group, or if you would like to order  
a book or t-shirt, please contact:

**ROY JOHNSON**

P.O. Box 1026

Little Rock, AR 72203 (USA)

(501) 562-4488

E-mail: Roystest@aol.com

Website: Roystest.com or

Putsomegratitudeinyourattitude.com

## KEEP HOPE ALIVE!

*Life can be likened to a grindstone.  
Whether it grinds you down or polishes  
you depends on what you are made of!*

**Your life is God's gift to you:  
What you do with it is your gift to God!**

## BE GRATEFUL, NOT HATEFUL!

*When looking for faults use a mirror—  
not a telescope!*

## AIN'T NO HOPE IN THAT DOPE!™

**If I have done any deed worthy of  
remembrance, that deed will be my  
monument. If not, no monument  
can preserve my memory.**

*Agesilous*

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# *Put Some* **GRATITUDE** *In Your* **ATTITUDE!®**



**ROY JOHNSON**

*Motivational Speaker  
Training Consultant*  
**LITTLE ROCK, ARKANSAS**

*All Is Well And Then Some...  
No Matter What!®*

## *Put Some Gratitude In Your Attitude!®*

**H**ow would you describe your attitude? Are you satisfied with it? Would you like to improve it? Are you satisfied with the attitudes of your co-workers, your relatives or your friends? Well, there is something that you can do about it! You can **PUT SOME GRATITUDE IN YOUR ATTITUDE!®**

Attitudes are contagious! Is yours worth catching? Too often we become satisfied with our attitude the way it is. We sometimes justify it by the environment that we were raised in or the attitude that others have that we communicate or associate with. Regardless of the reason, there is something that we can do about it. The affect that our attitude has on others is too great to just ignore. When you **PUT SOME GRATITUDE IN YOUR ATTITUDE!®**, not only will your outlook on people and situations change, but your outlook on the whole world will change.

This training session will give you suggestions on ways that you can help to transform not only your attitude but the attitude of everyone that you meet. The moving and thought provoking manner in which this training will be presented will cause you to return to your place of employment with renewed energy and enthusiasm and with some extra **GRATITUDE IN YOUR ATTITUDE!**

**BE MORE APPRECIATIVE!**

## *ROY JOHNSON A Biographical Sketch*

**R**oy JOHNSON is a Staff Development Specialist with the Conway Human Development Center, DHS. He has been with the State of Arkansas for over 47 years in various staff training, supervisory and management positions.

Before this he was a teacher in the Little Rock School District. He has a B.A. degree from Philander Smith College in Little Rock and a Master's degree in Counseling from the University of Central Arkansas in Conway.

He is also a graduate of a program in Management and Administration from the University of Alabama in Birmingham.



Roy is an internationally known Motivational Speaker, Training Consultant and Author. He is a trainer for various Head Start programs throughout the country and is a frequent speaker for Head Start Pre-Service Training and Fatherhood and Parent Involvement Conferences. Roy is a much sought after Motivational Speaker for Foster Parent Conferences, schools, colleges, nursing homes, businesses and churches, community and national organizations, youth and senior citizen groups and for various local, state and federal government agencies. He conducts training sessions on Put Some Gratitude In Your Attitude!®; Sexual Harassment: Are You Guilty?™; Keeping Children Safe from Abuse and Neglect; Domestic Violence and other motivational and management training seminars for groups of all ages throughout the United States and around the world. He also does retreats and keynote addresses for luncheons and banquets. For over 47 years Roy has helped thousands of people to develop a more positive attitude toward themselves, toward their jobs and toward others. He is also learning Spanish, French and several other foreign languages.

## *The Man The Mission The Miracle*

In December 1994, Roy was diagnosed with the disease *dermatomyositis*, a painful, rare arthritic inflammation of the muscles. His CPK, or muscle enzyme level, was over 30,000 points. The normal range is around 200 points or below. This disease left him physically disabled and at death's door. He also developed a condition known as rhabdomyolysis, which basically means a melting away or a disintegration of the muscles. He spent 35 days at St. Vincent Medical Center in Little Rock, from December 30, 1994 to February 2, 1995. He was off work from December 1994 until May 1995. God has miraculously healed him of the disease and no traces of it have been found since, and **ALL IS WELL AND THEN SOME...NO MATTER WHAT!®** Roy is now on a world wide tour sharing his story with others. Since the beginning of the world wide tour in January 1996, he has been to all the 50 states, over 300 cities and has traveled to other countries. In May 2007 he released a book. The title of it is *Put Some Gratitude In Your Attitude!®*. It details the trials and triumphs of the illness that he experienced. Gratitude t-shirts are also available.



*Everyone Brings Joy To This Area,  
Some By Entering  
And  
Some By Leaving!*

**Today Is The Tomorrow  
That Worried You Yesterday  
And All Is Well!**

*When Life Gives You Lemons,  
Make Lemonade!*