

## CHECKLIST - STEP ONE

Activity	✓
Read the documents in the “ <i>Read These Articles</i> ” column	
Make a list of your feelings about losing your job	
List the attitudes you may need to change	
Create a list of “things for which I am thankful”	
List five successes for which you are most proud	
Complete the <i>Attitude Questionnaire</i>	
Identify books or audio recordings of positive material	
Join a non-profit organization or identify a similar volunteer opportunity	
Join a Toastmasters Club chapter	
Identify/register for a training class for a new job skill	