

THANK YOU

For choosing a career path in life that allowed you to be at the right place at the right time to be used by God to help the jewel of our family. Barbara's life depended on people she didn't know, to care for her as if she were the most important person you have ever known.

All of you worked cohesively as a team to prepare her for bypass surgery/clogged arteries. Her life depended on

<u>Nurses</u>	<u>Nurses</u>	<u>Doctors</u>	<u>Supporting Staff</u>	
Angel O.	Felix	Dr. A. Leal, MD	Dr. Chada., MD	Stephany, US
Ashley B.	Gloria J.	Dr. M. Dickson, MD	Daniel H., MD	Carol O., SMSCL
Ashley P.	Jackie	Dr. M. Pompeo, MD	Andrea J., NP	Happie U., WCT
Bianca B.	Jackie J.	Dr. J. Phillips, MD	Shereen C., NP	Twyla G., WCT
Bria D.	Lily W.	<u>Supporting Staff</u>	Stacy M., NP	Ali E., RT
Colten F.	Lindsay E.	Dr. Moore, MD	David, PCT	Katy B., PT
David R.	Myra M.	Dr. Doebele, MD	Hector R., CC	Edwardly M., POHT
	Rachel J.	Dr. Okolo, MD	Monique C., FC	Matt P., POHN

There are many more names than we can remember. Thank you all for being there. Because of your dedication, knowledge, and attitude towards your profession, Barbara's life has been extended to spend more time on this earth with those who love her and to whom she is most cherished. Thank you for treating her like the most important person in your life. We see each and every one of you as our extended family by choice.

Out of the 10 quote category of book titles to choose from, this book of quotes was chosen because of your unwavering ATTITUDE to be kind, understanding, caring, thoughtful, and inclusive.

These quotes compliment the wonderful ATTITUDE that you already display, and will serve as a reminder of what makes your team so great in a profession that requires an above-the-norm GREAT ATTITUDE.

We hope you enjoy reading "Quotes I've never heard on... ATTITUDE".

Thank you, from the Sullivan Family.

Quotes *I've never heard on...* **ATTITUDE**

BOOK 01: Quotes 01 to 31

The ATTITUDE Quotes and thoughts in this book were chosen to elevate the mind and improve daily habits; all of which adds to personal growth and fulfillment.

**INCLUDES 31
IMPACTFUL QUOTES**

*Common-sense concepts,
uncommonly worded.*

ATTITUDE

A settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior.

INTRO

Your attitude is often shaped by the experiences you have throughout life and how those experiences are addressed, and the results that follow. This is why shaping the right attitude is easier and most important during one's adolescent age.

If a person's attitude is negative, it is because they have experienced negativity, and that is what they focus on. The person who has a positive attitude has also experienced negativity; however, they focus on the positive, and in time, they expect and see more positive results.

Changing our attitude is harder as we get older because we have exercised our views through positive or negative thinking for so long that we see the world through that lens. However, with effort, one's attitude can improve overtime when they are open minded about seeing life through a positive lens and start to experience the results from it.

In conclusion:

A Negative Attitude thinking person tends to focus on the bad things that happen to them. A Positive Attitude thinking person tends to focus on the good things that happen to them, and around them.

INSIGHT

Your Attitude influences how you perceive the world when it comes to making decisions about the past, present, or future, and this influences how we interact with others. Our belief about things creates our attitude, and our attitude is a shaper of our personality. Our personality frames how people see us, and ultimately how we are viewed as a person. Your Attitude should not be taken lightly.

Why are these Quotes On ATTITUDE so important?

These quotes give you easy to remember sound-bites of positive thinking on a daily harmonious flow of content that is custom-arranged to encourage you, motivate you, and empower you with optimistic thinking to boost your mood with focus, everyday.

A better attitude can help everyone foster better relationships with others, reducing stress, improving your resilience in the face of challenges, and potentially even improving your physical health by lowering the risk of certain illnesses that are linked to negative thinking that can cause worry.

Important:

Find a quiet spot to focus on an ATTITUDE quote per day, or read the same quote every day for a week. Meditate on it, make notes about it, draw your creative vision regarding it, include a to-do list because of it, and set a challenge date for it. We have provided space inside this book for all of it.

Your Positive Attitude! - Enjoy and share it.



*“**Y**our Attitude
is your Brand.™”*

01 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

OUR ATTITUDE IS GRATITUDE

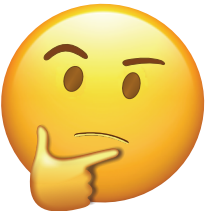
"Barbara (patient) James (husband) Autumn-Rayne (daughter)"



*“If,
better is possible,
then good
is not enough.”*

02 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
"For Making The Difference"



*“**F**ocus
on being better
than your yesterday,
every day.”*
(Not just better looking).

Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU

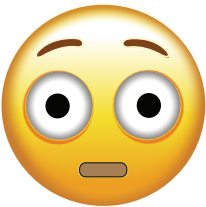
"For helping me achieve better health"



*“**M**otivation,
is waking up!”*
(Be Inspired by Life).

04 of 31

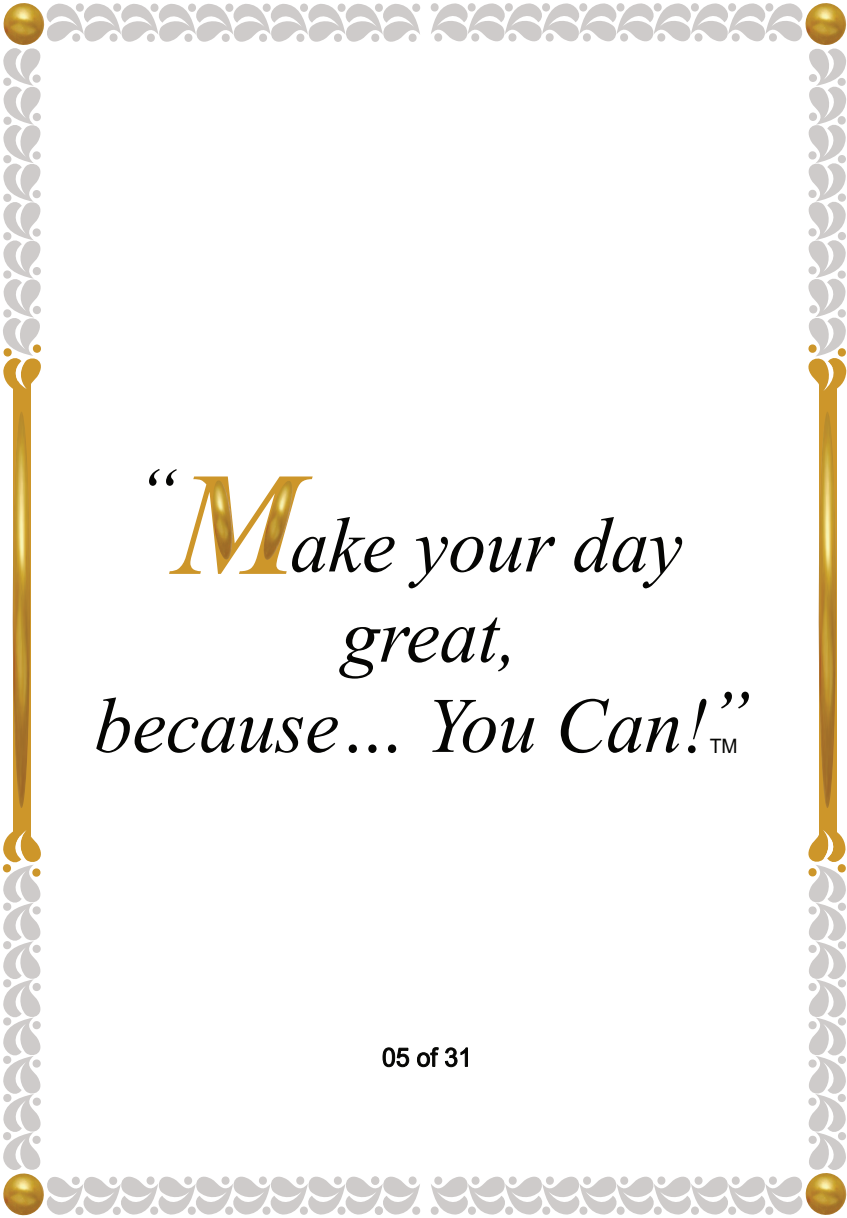
Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
"For Caring"



*“**M**ake your day
great,
because... You Can!™”*

05 of 31

Your vision/image...

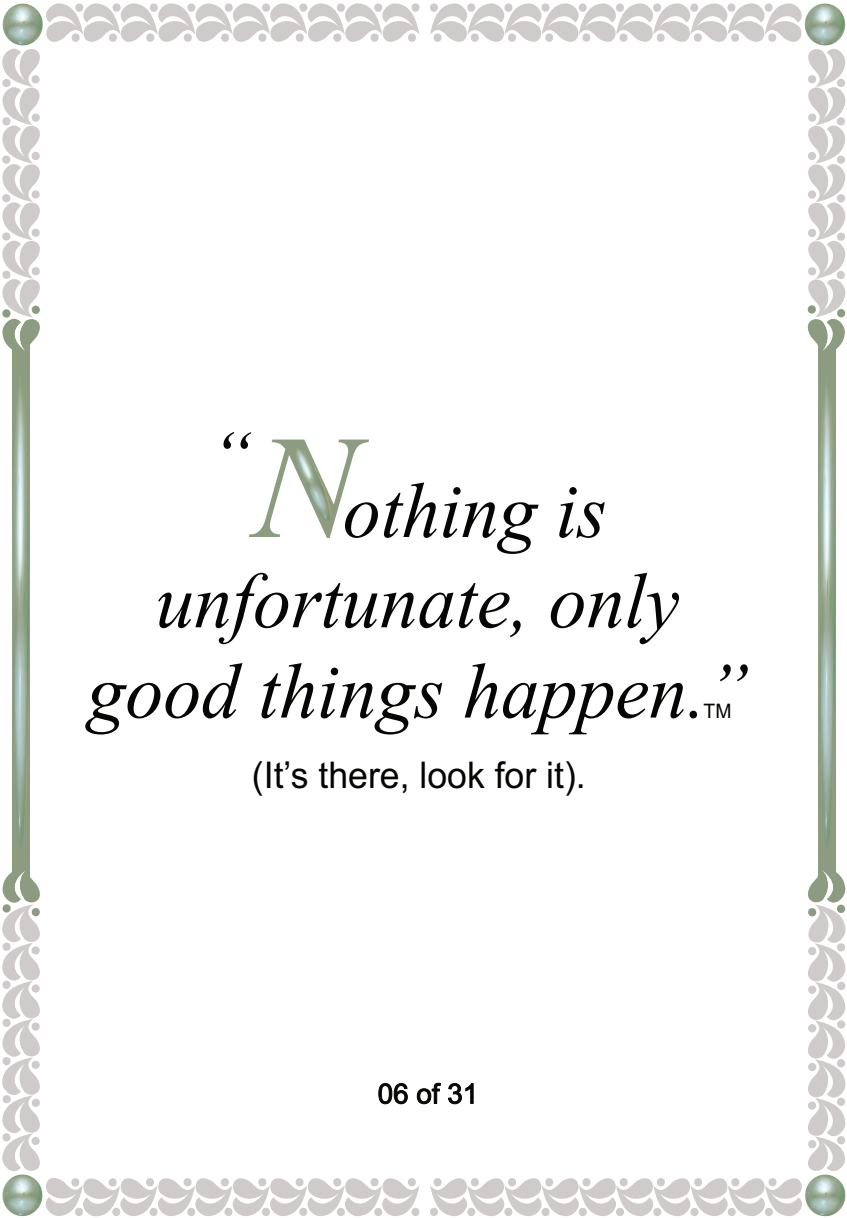


Your thoughts/
to-do list...

Date

THANK YOU

"For your tender love and care"



*“**N**othing is
unfortunate, only
good things happen.”™*

(It's there, look for it).

06 of 31

Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU

"For your commitment, dedication, and love"



*“**K**eeep a smile
on your face,
no matter
what you face”*
(Never let them see you sweat!)

07 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

"For respecting me as an important individual"



*“Take more care
towards
self-correction
than in
correcting others”*

08 of 31

Your vision/image...

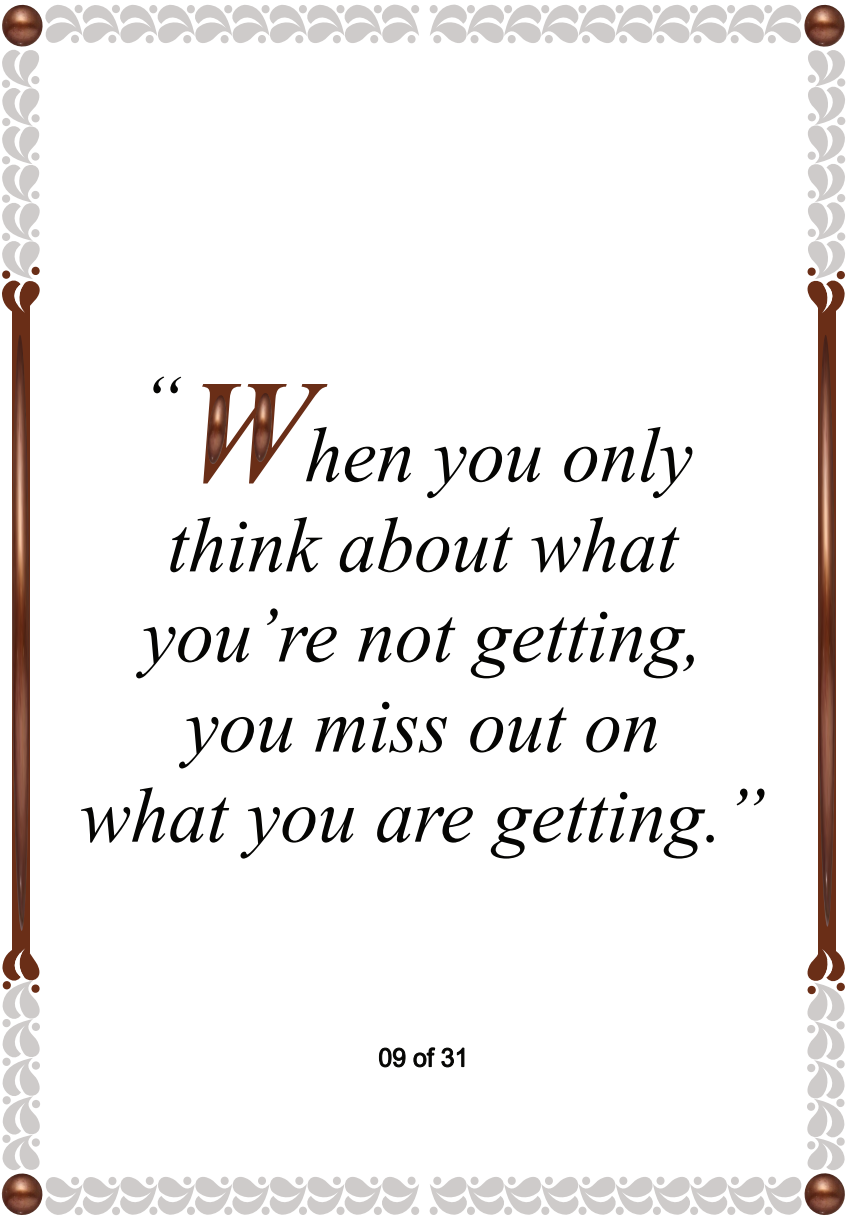


Your thoughts/
to-do list...

Date

Handwriting practice lines consisting of ten horizontal lines.

THANK YOU
"For supporting my health journey"



*“**W**hen you only
think about what
you’re not getting,
you miss out on
what you are getting.”*

09 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
"For fulfilling your purpose"



*“Seek to
compliment more
than complain.
In time, you will
attract the same”*

10 of 31

Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU
"For the Presbyterian Culture"



*“**L**et compliments
compel you
to competence.”*

11 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
"For displaying the Presbyterian Vision"



*“**A** request
shouldn’t
require a please,
it should only
require a need.”*

12 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
"For your compassion"



*“Give your best,
Expect the best,
and show appreciation
when you receive
the best.”*

13 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
"For your surgery strategy"



*“Our natural
is our best,
anything more
is less.”*

14 of 31

Your vision/image...

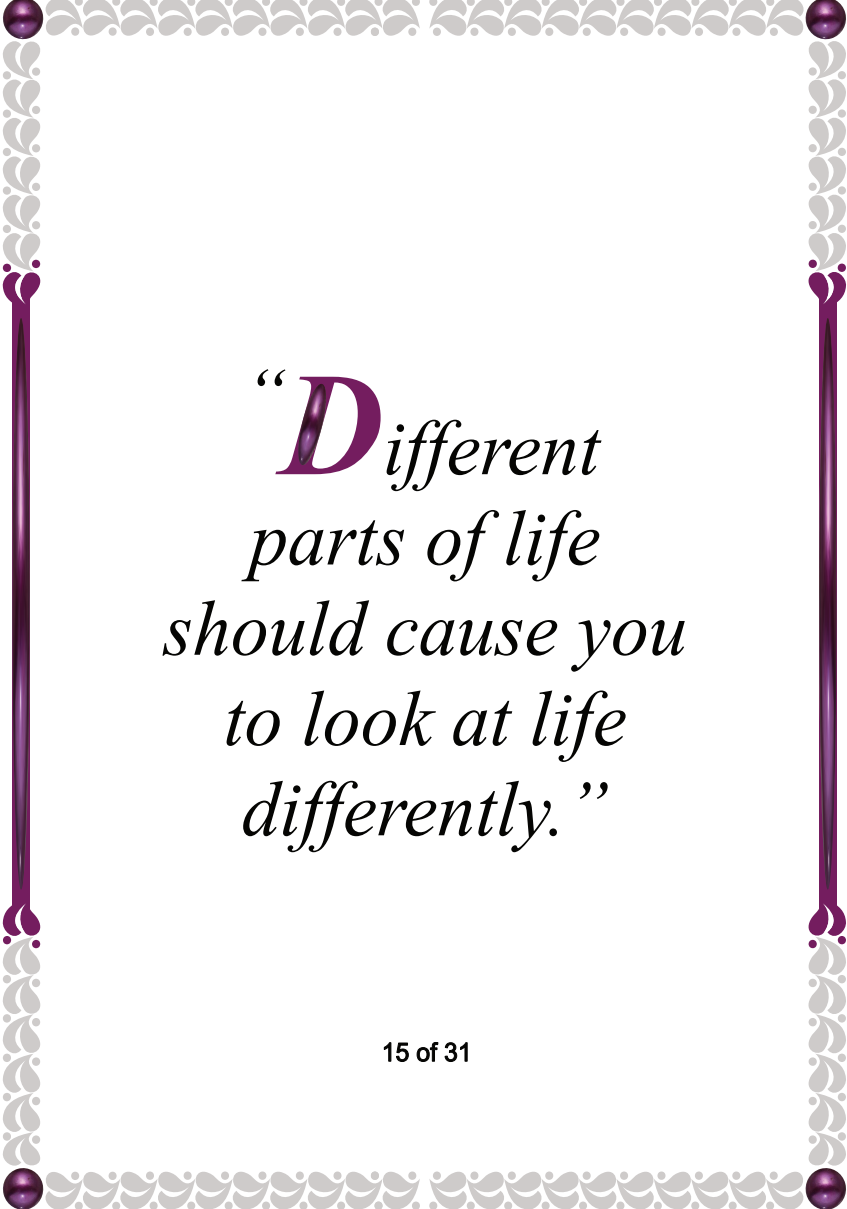


Your thoughts/
to-do list...

Date

THANK YOU

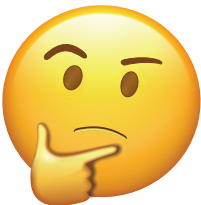
"For your calm and confident attitude"



*“**D**ifferent
parts of life
should cause you
to look at life
differently.”*

15 of 31

Your vision/image...

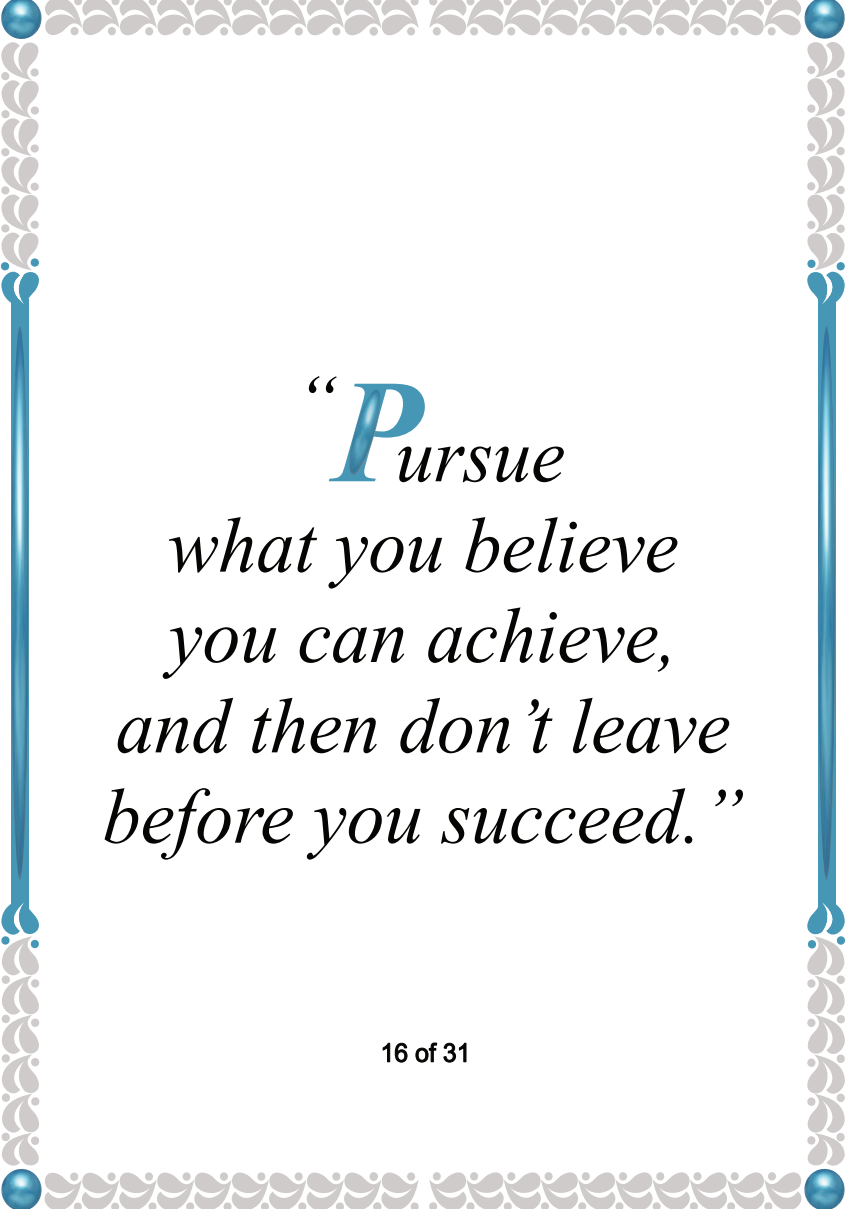


Your thoughts/
to-do list...

Date

THANK YOU

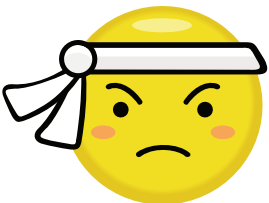
"For taking the time to help me understand everything"



*“**P**ursue
what you believe
you can achieve,
and then don't leave
before you succeed.”*

16 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

Dr. Leal, for the *"Like tying shoelaces"* analogy



*“**D**_o
what you have to do
until you can do
what you want to do.”*
(What's on your back burner?)

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

“For keeping us informed each step of the way”



*“**H**aving it right,
is more important than
having it right now”*

18 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

“For my husband’s daily updates by phone (priceless)”

*“**W**hen you don't use
it, or you don't see it,
it doesn't mean
you don't have it.”*

19 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

“For welcoming questions and providing answers”

*“**P**otential
is not the capacity
to become something.*

*“**P**otential
is the
commitment
to what one
chooses to become.”TM*

20 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

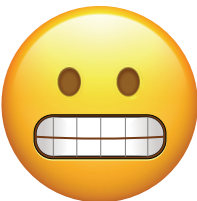
“Because caring for others is why you come to work every day”



*“Our real handicap
in life, is thinking
we need one.”™*

21 of 31

Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU
“For your high-quality care”

“*We never know
what we can do,
if we only do
what we think
we can do.*”
(Think outside the box).

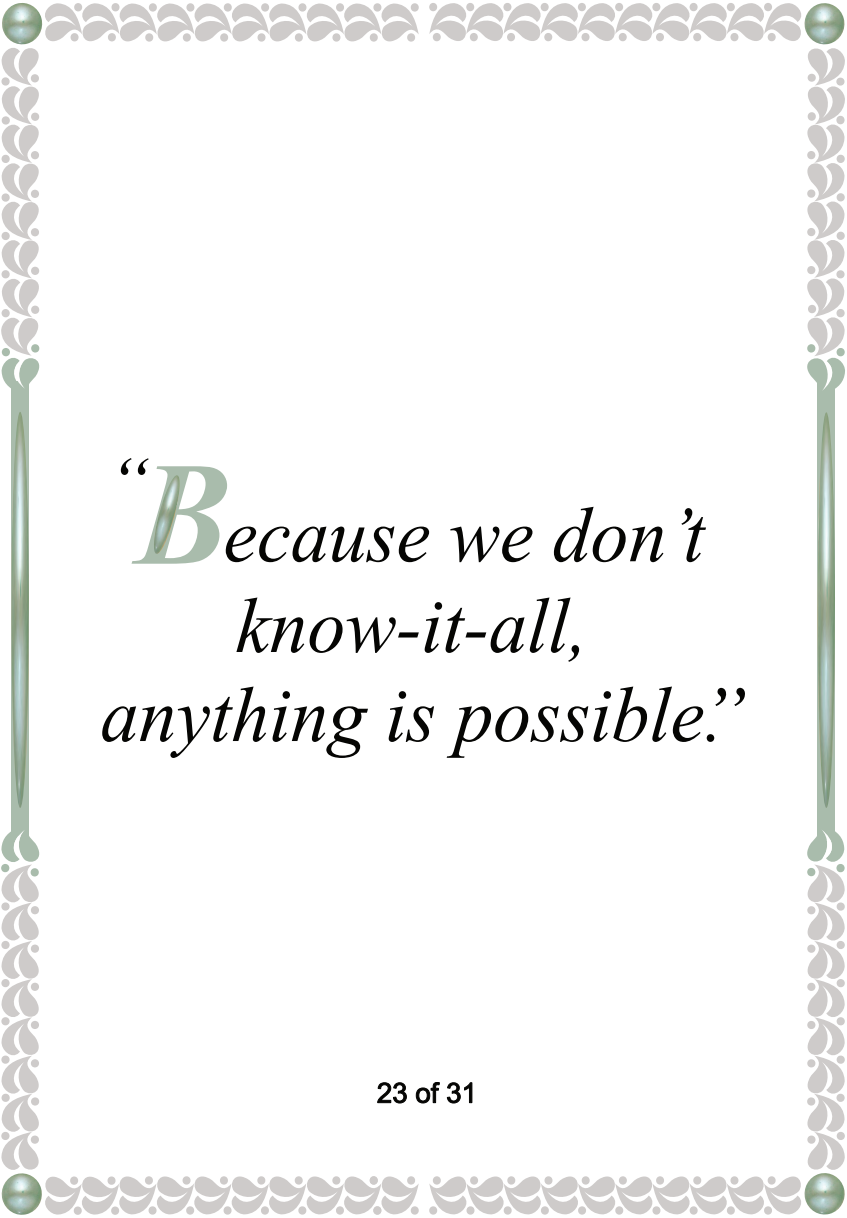
Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
“For your expertise and positive energy”



*“**B**ecause we don’t
know-it-all,
anything is possible.”*

23 of 31

Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU
“For making me feel important”

“*When you want
to be better,
you have to think
better, and you
will do better.*”

25 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
“For your dedication”

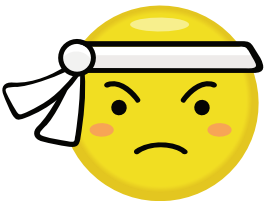


*“**T**o get it, you have
to be committed.”*

(Go get it).

26 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

“For your commitment to excellence”



*“**B**usy is good,
productive
is better.”*

27 of 31

Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU

“For checking on me, even when I didn’t call you”



*“**N**ever wait
until you need better
to start looking
for better.”*

28 of 31

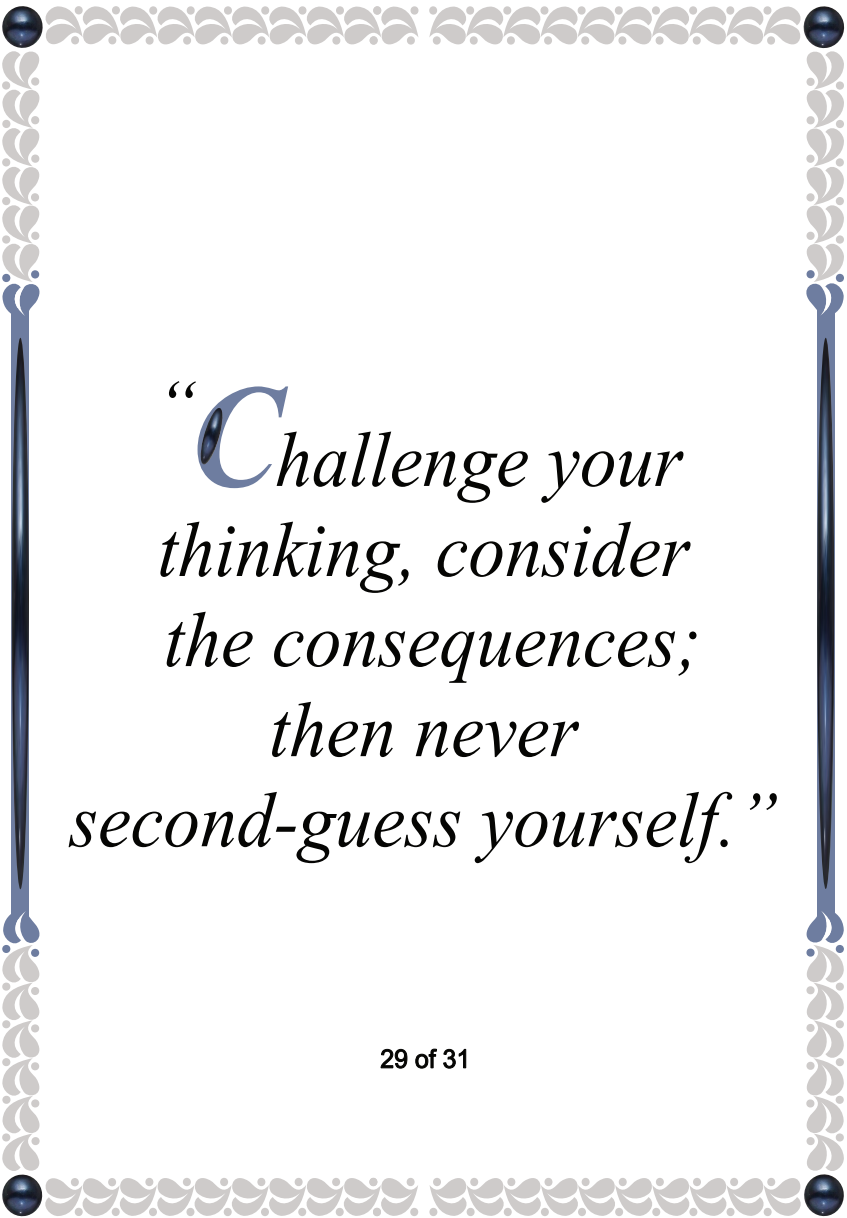
Your vision/image...



Your thoughts/
to-do list...

Date

THANK YOU
“For your professional care”



*“Challenge your
thinking, consider
the consequences;
then never
second-guess yourself.”*

29 of 31

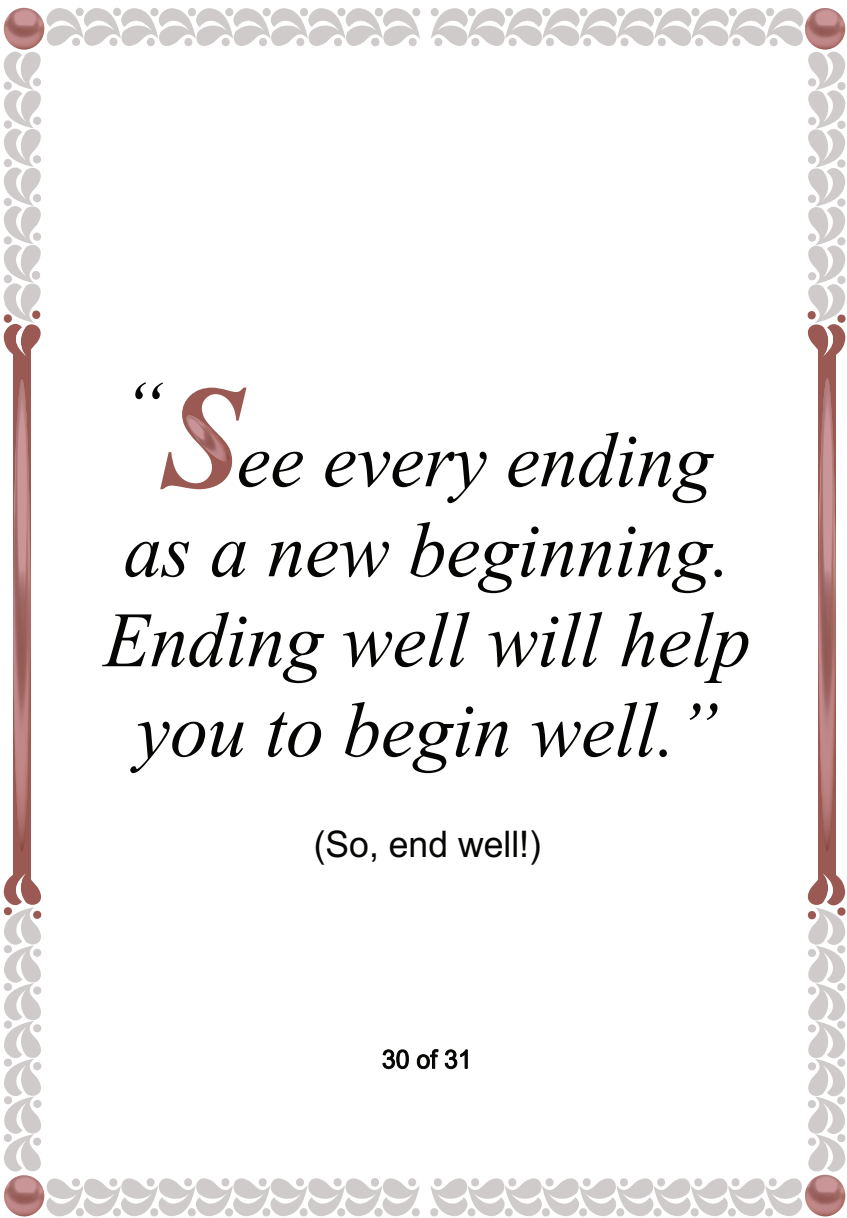
Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU
“For being kind to my family”



*“**S**ee every ending
as a new beginning.
Ending well will help
you to begin well.”*

(So, end well!)

30 of 31

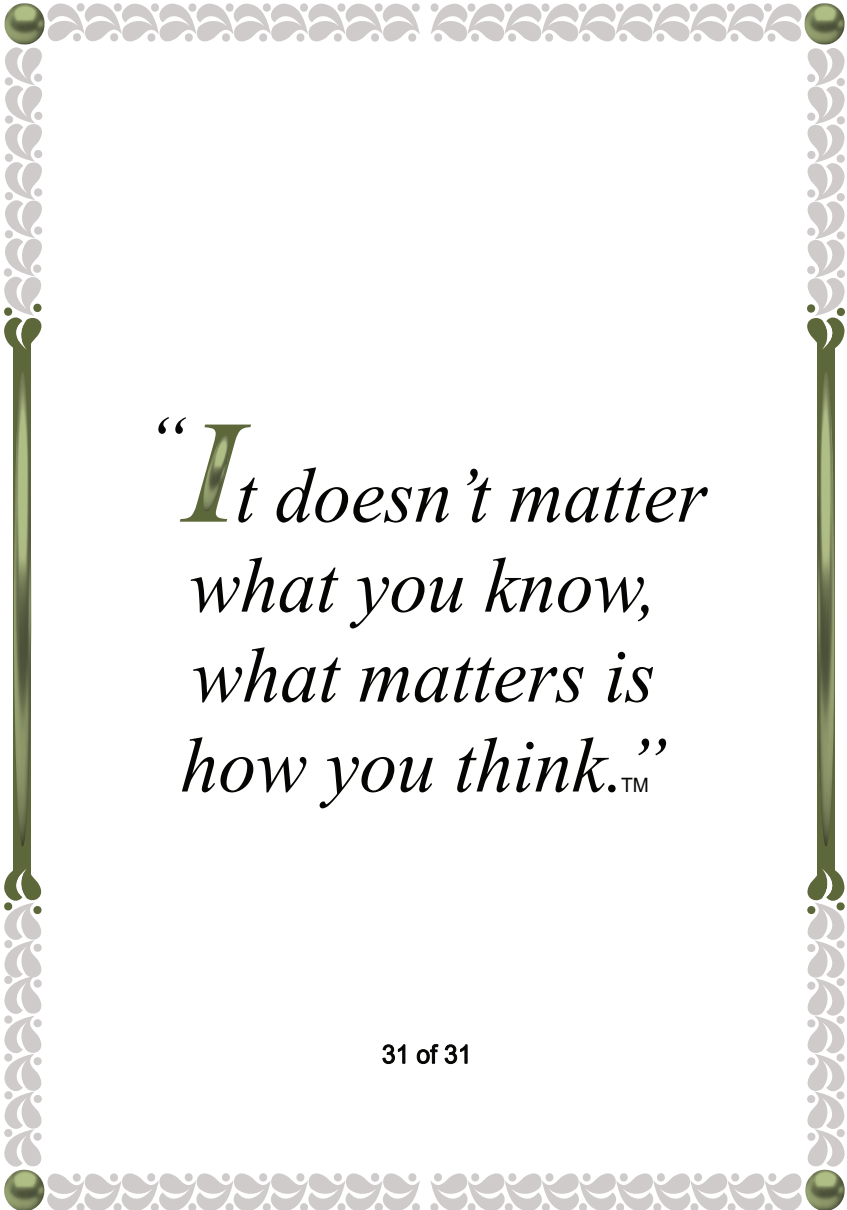
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Your thoughts/
to-do list...

Date

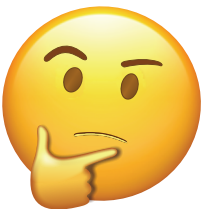
THANK YOU
“For improving my health”



*“It doesn’t matter
what you know,
what matters is
how you think.”™*

31 of 31

Your vision/image...



Your thoughts/
to-do list...

_____ Date

THANK YOU
“Texas Health Presbyterian Hospital Dallas”



PRE-OP HOLDING ROOM
 moments before going into
 Triple Bypass Open
 Heart Surgery



APRIL 6, 2026

POST BYPASS SURGERY
 One Day After
 Triple Bypass Open
 Heart Surgery



APRIL 7, 2026



Thank you for your exceptional care, it came naturally, because you cared.

Barbara Sullivan

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Cinco de Mayo	6	7 National Day of Prayer	8	9
10 Mother's Day	11	12	13	14	15	16 Armed Forces Day
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4  Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17 World Emoji Day	18
19	20	21	22	23	24	25
26 Parents Day	27	28	29	30	31	

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19 Juneteenth Freedom Day	20
21 Father's Day First Day Of Summer	22	23	24	25	26	27
28	29	30				

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Friendship Day	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Labor Day	8	9	10	11 Rosh Hashanah, begins at sundown	12 National Day Of Encouragement
13 Grandparents Day	14	15	16	17	18	19
20 Yom Kippur, Begins at sundown	21	22	23 See You At The Pole Day First Day Of Fall	24	25	26
27	28	29	30			

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings time ends	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29 Advent						

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4		6	7	8	9	10
11	12	13	14	15	16	17
	Columbus Day				National Boss Day	
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Halloween

DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
					hanukkah, begins at sundown	
	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	First Day Of Winter			Christmas Eve	Christmas	
27	28	29	30	31		
				New Years Eve		

ATTITUDE

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Quotes I've never heard...

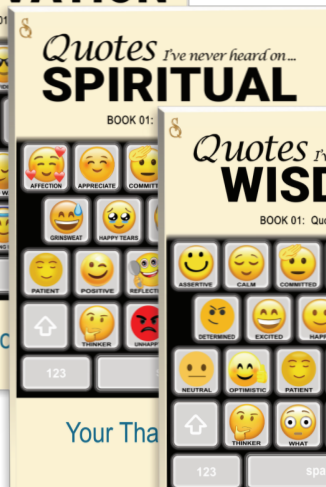
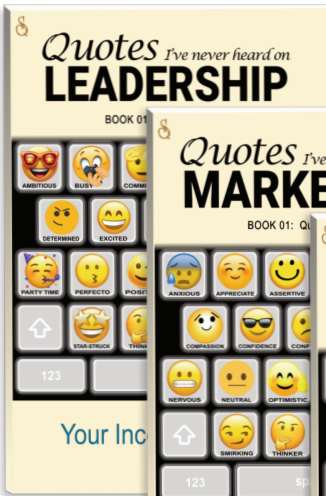
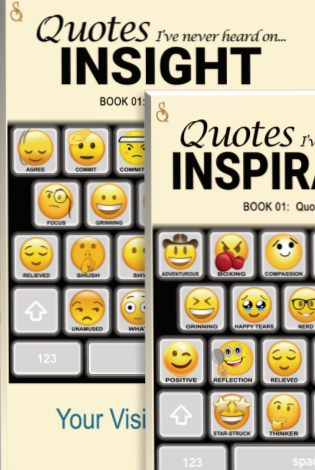
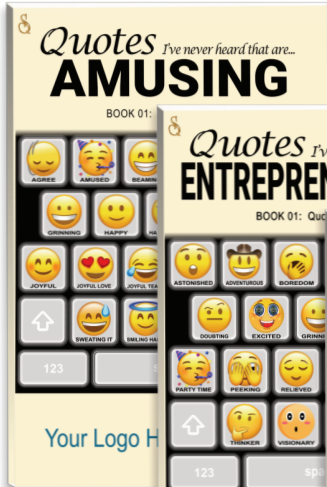
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- Company Mantras, and MORE...