

The Vision Principle of **ATTITUDE**



A merry heart makes good medicine.

PRINCIPLE OF THE WEEK

Attitude - Webster describes it as a posture, one's mental state of mind, or one's disposition. We hear a lot about having a positive mental attitude. Attitude is one's disposition, good or bad, so when we meet someone, we can easily determine what state of mind they are in by their attitude.

The right attitude, the positive approach is something that we can create as a result of developing the right mind-set. Being positive is more than just saying or repeating a verbal formula like "I am positive" or practicing rituals of meditation or relaxation.

Positive attitude is the end result of the discipline we keep. It demands courage and persistence to create a positive disposition. We must take charge of our mind and feed it on a diet of healthy mind food, developing it into a creed of what we want to become. The mind-set that leads us to a positive attitude allows us to see life differently. It is seeing that something outside of us is at work in the situation. Sometimes the learning experience becomes even more valuable than the outcome.

If we understand that it is our experiences that are valuable, then our attitude towards people and circumstances will change. Our attitude becomes positive, even though not everything will always happen the way we are expecting. The truth is that we are a bit immature if we believe that things always have to be the way you expect them to be. That is not reality.

With every goal there must be the right reason, with every dream there must be the right purpose and for success there must be the right values. Success

is guarded by problems. To get the gold medal we must solve the problems. To solve the problems we need the courage and persistence, therefore it is a learning experience to get the gold. In the end, what we learn in getting the medal is more valuable than the gold itself. Once we get to this state of mind, our attitude will be positive because we won't be afraid of the problems, for we know what is behind them. It's like a treasure hunt, always looking beyond the situation. A positive attitude will give us a great future. A negative attitude will keep us close to the present, with very little progress. They both cause a measure of stress. Negative people worry and fear, while positive people push to conquer.

Benefits

1. With a positive attitude, fear is minimized because problems will have a purpose.
2. Maturity and success comes when you overcome attitudes of self pity, selfishness and other negative ways of thinking.
3. You can change your destiny by evaluating yourself regularly and adjusting to a positive attitude.
4. You will stimulate hope in your circle of influence, with friends, family and also at work.

Steps to Follow

1. Learn to govern your mind. It is similar to a muscle that can be developed through exercise.

Action Plan for

ATTITUDE



It can be trained to think positively and in line with your will.

2. Focus your mind on being positive, happy and successful. A mind cannot be positive without a track to run on. It will focus on something and if we don't give it direction, it will go the path of least resistance. Always say to yourself, "Yes, I can do it." Choose "I can" and "I will" to give your mind that positive goal and direction.

3. Learn to discern negative signs. Building with perseverance will help you overcome obstacles and walls so you can grow. Signals of negativism are: pessimism, lack of motivation and apathy.

4. See beyond the present. Past experiences help to evaluate but are not the best to launch us towards the future. In every situation, stay focused on the future which will take us closer to our goal. This brings hope and hope stimulates and motivates us into action, giving energy to solve problems. When we have discouraging thoughts, refocus on the goal and the rewards of overcoming. If you do not set your eyes in the future you will blame yourself for the past, fearing failures in the present.

5. Have a clear vision of your purpose for life; in order to be successful we need a goal. This will give focus and direction to your behavior.

Remember... Thoughts become actions. Actions become habits. Habits become our destiny.

Reflect and respond

Would those around you say you typically display a negative attitude or a positive one?

It may be enlightening to ask those that will tell you the truth!

Which of the "Steps to follow" do you feel you want to commit to?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed