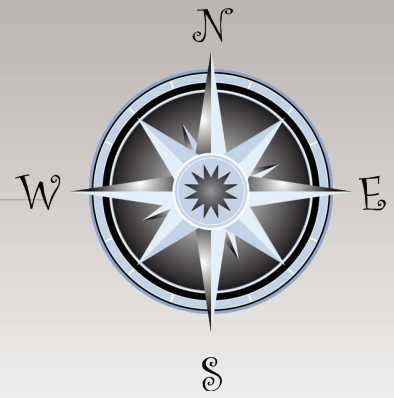


The Vision Principle of **ATTITUDE**



“A cheerful heart does good like medicine.”

PRINCIPLE OF THE WEEK

The dictionary defines attitude as a state of mind or a feeling towards a person or subject. The attitude you choose determines how you will learn, serve, listen and make changes throughout your life. “Attitude is a little thing, which makes a big difference.” (Winston Churchill)

Some assert that they are consistently happy because they keep the right frame of mind. They perceive life and the world around them in a positive manner. They believe this is their secret to remaining stable, healthy, optimistic and thoughtful. They believe in the old saying “It isn’t our position but our disposition which makes us happy.” The right attitude involves taking charge of your mind. Being positive is more than just repeating words of affirmation. A positive attitude takes work. It is acquired through courage, persistence and discipline.

When you employ a positive attitude, sometimes the learning experience becomes even more valuable than the outcome. When you look for the opportunity in every situation, then each experience gives you a chance to grow and learn from the people or circumstances involved. Your attitude becomes positive, even though everything does not always happen the way you would like it to or are expecting. The truth is that you are a bit immature if you believe things always have to be the way you expect them to be. That is not reality. Maturity and success come when you overcome attitudes of self pity, selfishness and other negative ways of thinking.

Benefits

You will reap many benefits from having a positive attitude:

- You will be happy and energized
- You will focus on the present and find growth opportunities in problems
- You will learn from your failures rather than be defeated by them.
- You will reach your goals more quickly and easily.
- Others will start to reflect your attitude - your attitude is contagious!

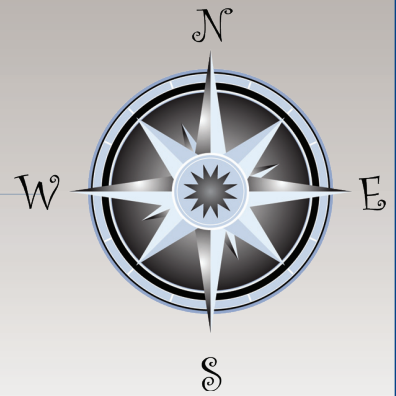
Characteristics

If you have a positive attitude, you will possess these traits:

1. You will minimize fear before you face problems, because problems will have a purpose.
2. You will govern your mind through absolute, universal principles.
3. You will learn from your mistakes and then let them go.
4. You will look for creative solutions when difficult circumstances arise
5. You will believe in yourself and others
6. You will never give up and you will stay focused and optimistic
7. You will frequently evaluate and adjust your attitude

Action Plan for

ATTITUDE



Steps to Follow

To build a positive mental attitude:

- Have a clear vision of the purpose for your life. Focus on and give direction to your behavior. Look towards the future. Learn to be a visionary and search for the specifics that will get you closer to reaching your goals.
- Learn to discern negative signs. Signals of negativism are: pessimism, lack of motivation and apathy. When you focus your thoughts on good things, you will find them. “Every thought is a seed. If you plant crab apples, don’t count on harvesting Golden Delicious.” (Bill Meyer)
- Apply the formula “Yes, I can do it.” Doing what is right produces good outcomes. To move towards happiness and success, you must decide and declare: “I can and I will be like that.”
- Connect mission with destiny. This will enable you to control your mind while keeping your focus. Understand that each mission (goal) you work towards takes you another step closer to your destiny (potential).
- Become an agent of hope inside your circle of influence - your job, friends, and family. Hope moves and stimulates you and others towards action; hope gives you the energy to solve problems.

With every goal, there must be the right reason. With every dream, there must be the right purpose. The foundation for success is having a positive attitude.

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

Reflect and respond

1. Were you raised in an environment where a positive attitude was encouraged?
2. Would those around you say you typically display a negative attitude or a positive one? It may be enlightening to ask those who will tell you the truth!
3. What challenges do you face in maintaining a positive attitude?
4. Which of the “Steps to Follow” will you commit to this week?

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