

Attitude...

It's everything...

It's who and what you are.

With a bad attitude you can never have a
positive day...

With a positive attitude you can never have
a bad day...

Attitude as defined by Merriam Webster:

- 1) Manner, disposition, feeling, position etc. with regard to a person or thing; tendency or orientation, esp. of the mind.
- 2) Position or posture of the body appropriate to or expressive of an action, emotion, etc.: a threatening attitude; a relaxed attitude.



In simpler terms...

Attitude is our mental response to people, places, things and/or events in our life.

All people irrespective of status, intelligence or circumstance hold attitudes.

What Are Attitudes?

- A way of valuing life; a paradigm of thought
- A viewpoint
- A guide to choices throughout life
- A way of judging
- A mindset
- Beliefs
- A determinant of purpose and direction
- Relatively constant
- Played or acted out through behavioral style
- Interactive with one another
- A combination of different agendas

3 Components make up attitudes... the ABC's of attitude...

- Affective or emotional component
- Behavioral component
- Cognitive or informational component

Factors that Determine Attitudes...

3 E's of Attitude...

- ✓ Experience
- ✓ Education
- ✓ Environment

How different attitudes form:

- Similar beliefs tend to cluster together and increase in intensity and feeling.
- Clusters of beliefs, positive or negative, evolve into a hierarchy of attitudes.
- Purpose and direction for our lives is formed.

3 Types of People...

3 Types of Attitude...

Positive

Negative

Neutral

Positive People / Attitudes

List of some thoughts of a person with a **positive** attitude:

- There is something good in every situation.
- A problem is an opportunity (to do something different).
- Change is a sign of growth.
- A mistake is something to embrace and learn from; therefore an opportunity for a valuable step forward.
- I am the master of my destiny.

Positive People / Attitudes

List of **feelings** of a person with a **positive** attitude:

- Happy
- Confident
- Optimistic
- Loving
- Engaged

Negative Attitudes / People

List of some thoughts of a person with a **negative** attitude:

- Always something wrong.
- Other people cause problems, errors and mistakes.
- Change is too hard and not worth it.
- Mistakes are failures.
- I have little or no control over my life / destiny.

Negative Attitudes / People

List of feelings of a person with a **negative** attitude:

- Anger
- Doubt
- Frustration
- Pessimism
- Hate
- Resentment
- Entitlement

Neutral Attitudes / People

List of some **thoughts** of a person with a neutral attitude:

- The situation or person is unimportant.
- Someone else will solve the problem.
- Change is cumbersome and unnecessary.
- The future will come and go without me.
- My destiny is what it is.

Neutral Attitudes / People

List of **feelings** of a person with a neutral attitude:

- Unemotional
- Tired
- Indifferent
- Complacent
- Detached
- Disconnected

Which do you want to be?

It's really up to YOU

Attitudes are one of the most significant things we can change about ourselves

Attitude can be caught...
but not taught.

“The greatest discovery of my generation is that a human being can alter his life by changing his attitude”

William James

John C. Maxwell – Attitude 101

Your attitude and potential go hand in hand.

A lot goes in to your attitude but a lot more comes out.

Every successful person is someone who failed, yet never regarded themselves as failures.

Impact of Attitude on Leadership

Attitudes have the power to lift up or tear down a team.

Attitudes compound when exposed to others.

Attitudes are “catchy”; bad attitudes compound faster than good ones.

Attitudes are subjective, so identifying them can be difficult.

Rotten Attitudes That Can Ruin A Team

Inability to admit wrong doing / accept blame/ responsibility

Failing to forgive, move on following confrontation / disagreement.

Petty jealousy

A desire to influence the attitudes of others.

Desire to hog credit.

Rotten attitudes left alone can be destructive

Your attitude is one of the most important choices you make in life...

“Everything can be taken from a person but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.

Victor E. Frankl

- no one can force your attitude toward any person, place or thing – it's internal...it's yours to choose / develop.
 - It doesn't matter who you are, where you are or what your circumstance; from the richest and most powerful to the poorest of poor and suppressed – the attitude each individual chooses is up to them.
 - Your attitude reflects your past, describes your present and defines your future.
 - A good attitude is the root to success

How important is your attitude to success?

A Harvard Business School study found that 85% of the reasons for success, accomplishments and promotions are related to attitude while only 15% are related to technical expertise*.

Unfortunately 90% of our education is dedicated acquiring facts and figures – only 10% is dedicated to developing positive attitudes.*

So we're spending 90% of our education time and dollars developing the 15% that is responsible for our success.

* See You at the Top – Zig Ziglar

So in short, the message here is...

Your attitude is more important than your aptitude.

As stated earlier... attitudes can change, evolve and be a work in progress.

Keys to developing a healthy attitude:

✓ Goal Orientation

Set goals that motivate you to perform.

✓ Attitude of gratitude

Foster the attitude that seeks out what is good and right with your life. Be thankful for it and appreciate it.

✓ Eliminate self limiting

Learn to see yourself as being of abundant potential.

✓ The power of belief

Believe in your ability to achieve your goals.

✓ Continuous learning

Seek to learn...ignorance breeds negativity – grow mentally and spiritually – a healthy faith breeds a healthy attitude.

6 Attitude Axioms

- Our attitude determines our approach to life
- Often, our attitude is the only difference between success and failure.
- Our attitude at the beginning of a task will affect its outcome more than anything else.
- Our attitude can turn our problems into blessings.
- Our attitudes determine our relationships with people.
- Our attitudes can give us an uncommonly positive perspective.

Thoughts on how to work on / improve your attitude:

- ⊙ Evaluate your present attitude.
- ⊙ Realize faith is stronger than fear.
- ⊙ Write a statement of purpose / values / mission statement.
- ⊙ Set goals.
- ⊙ Take action toward achieving your goals each day.
- ⊙ You must desire to change and embrace the challenge of change and watch the desire grow
- ⊙ Live one day at a time.
- ⊙ Change your thought patterns.
- ⊙ Develop good habits.
- ⊙ Continually choose to have a right attitude.

In conclusion...

here are some thoughts to live by:

Keep your thoughts positive...

thoughts become your words

Keep your words positive...

words become behaviors

Keep your behaviors positive...

behaviors become habits

Keep your habits positive...

habits become your values

Keep your values positive...

values become your destiny

Gandhi

Great Quotes on attitude

An optimist sees an opportunity in every calamity; a pessimist a calamity in every opportunity. Winston Churchill

Ask yourself a question: Is my attitude worth catching? Zig Ziglar

There's very little difference in people. But that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative. W. Clement Stone

If you want to be happy, put your effort into controlling the sail, not the wind. Anonymous

Sooner or later, those who win are those who think they can. Unknown

The biggest mistake of all is to avoid situations in which you might make a mistake. Unknown

If you really want to be happy, nobody can stop you. Unknown

A positive attitude is not a destination. It is a way of life.

Unknown

The difference between a successful person and others is not a lack of knowledge, but rather a lack of will.

Unknown

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

Whether you think you can, or whether you think you can't. Your right.

Henry Ford

*Work with joy, pray with love, dream
from your heart. Share what you
have, live simply, love deeply.*

Thank God always.

Thank you!