



## Attitude for Success - Client Notes

### Attitude Advantages

#### Attitude Influences Everything

Your attitude influences everything around you: how you do at school and work, relationships, and your overall success. Attitude affects your energy, your outlook, your enjoyment, your health and the way you look at yourself and the world. It's important to remember that we *choose* our attitude, it's something we control ourselves.

#### How's Your Attitude?

- A Positive Attitude = Popular and productive
- A Negative Attitude = Miserable to be around

#### The Components of Attitude

There are two parts to attitude – *internal* and *external factors*

- The *internal* part is the way you see things mentally, your inside point of view or outlook. We all know people who have a positive attitude even when their lives are going badly. They know how to avoid being negative, especially when things are not going well.
- The *external* part of attitude is the way you are seen by others - your disposition. Do your friends or co-workers think of you as cheerful or as a grump? Successful people often have good attitudes. They expect good things to happen, and they're often right. People like to have them around. Their positive personalities help pick everyone else up, too.

## Good Attitude Advantages

### 1. Triggers Enthusiasm

A positive attitude creates enthusiasm and energy, not only for the person with the good attitude, but also for the people around him or her.

### 2. Improves Creativity

Improved creativity is one advantage of a good attitude. A positive attitude creates an environment where ideas get a chance to be explored. Suggestions and improvements are easily heard and accepted.

### 3. Causes Good Things to Happen

When we have a positive attitude, good things just seem to happen. A good attitude seems to create an environment in which unexpected and positive events happen.

## Factors that Impact Attitude

### 1. Environmental Shock Waves

An environmental shock (i.e. something unexpected that suddenly happens to us) can affect our attitude. We can't protect ourselves from all the problems that sometimes come our way, such as financial problems, personal disappointments, illness, and emotional distress. But we can snap back out of a downer by finding and taking advantage of the positive aspects in our lives. When you have a positive attitude you can always find positives in your life.

### 2. Self-Image Problems

Your appearance often reflects the way you feel about yourself. If you've gained weight, don't pay attention to what you wear, don't bother to keep your hair neat and styled, it creates a negative self-image, and probably is a signal that you need an attitude adjustment. A trip to the beauty shop, the clothing store, or the gym could make all the difference. Doing something to improve yourself creates positive energy.

### 3. Negative Drift

Occasionally, our attitude turns negative even when things seem to be going well for us personally. We live in a world where bad news and negative influences bombard us from all sides. We can get so caught up in everything, we don't realize that our attitude has drifted towards the negative. Reflecting on outward signs of your attitude is a good thing to do every now and again.

## Adjusting Your Attitude

So how do you deal with it if you feel your attitude is not what it should be. This is a time for an Attitude adjustment. Here's some techniques for making an Attitude adjustment.

### Attitude Adjustments

#### 1. Use the Flipside Technique

Using the flipside technique means “flipping the problem over” and looking for the funny side. Humour is a great way to overcome negative situations and will help you regain your perspective. Calm down; problem solve, keep your attitude intact; stay positive; make your first reaction upbeat.

#### 2. Play your Winners

When a negative attitude seems to be settling in, remember to play your winners. This means going with your “positives” as much as you can to keep the “negatives” at bay. Concentrate on your best abilities and talents to solve the problem, or simply to lift your spirits. Instead of worrying about things you don't do well, concentrate on your strengths and the things you can do well.

Think about, talk about, and reward yourself with winners. For example; one of Sally's winners is the great softball team she plays on. When she gets stressed out, she only has to think about an upcoming game, and she can't help but smile and it takes her out of a negative outlook.

#### 3. Simplify

This is a great technique to use when you're feeling a bit overwhelmed. Keep things simple and eliminate clutter in your life. It's easy to take on more work or commitments than you can handle, or to get so caught up in a job that you don't stay organized or things pile up. Try to balance your time between work/school and home.

Make time to evaluate your commitments and responsibilities and limit your involvements. Reduce or eliminate clutter in your room or home, avoid procrastination, and make “To Do” lists and schedules.

#### 4. Insulate

Insulating means building positive barriers between you and the negative things in your life. Sometimes we just need some space or breathing room or some time away from a negative person or difficult task. Examples of insulating techniques are:

- Taking a break
- Talking it out with friends

- Using humour to blunt negatives
- Changing your environment (e.g. talking a walk or even a weekend away).
- Working hard and focusing on results.

#### 5. Give Your Positive Attitude to Others

When you're frustrated or annoyed by someone's negative attitude, you may be tempted to become negative yourself. Instead, keep your own positive attitude and share it with others. Giving away a positive attitude not only makes the person receiving it feel better, but you as well.

#### 6. Look Better to Yourself

Your appearance influences the way others see you *and* the way you see yourself. The image you present to the world often mirrors the image you have of yourself. You can adjust your attitude by altering your outward appearance: your dress, your hairstyle and grooming habits and your physical condition.

#### 7. Accept the Physical Connection

People who exercise understand the connection between physical well-being and a good attitude. They know that exercise is a great attitude adjustment. They're also careful about what they eat, realizing that a good diet also helps keep their bodies – and their attitude – healthy.

#### 8. Clarify Your Mission

When short-term attitude boosts don't seem to work, the problem may be more long-range. It's hard to keep a positive attitude when your long-term goals are frustrated by the short-term necessities of daily life. And sometimes we even manage to lose track of those long-term goals. When we have a purpose, when we're working to accomplish our goals, we're more likely to have a positive attitude. Ask yourself what you really want out of life; the work on a plan how to get there.

### **Reminders**

- People respond positively to a good attitude.
- Take five minutes a day to sit quietly, to rest, to reflect.
- Avoid negative judgments – of yourself and others.
- Give as much to others as you'd like to get back for yourself
- Don't take someone's bad attitude personally. Instead, do something nice for that person. Most likely, you'll both feel better for it.
- Get outside at least once a day; find enjoyment in what surrounds you.
- Don't forget to have dreams and keep working towards them.