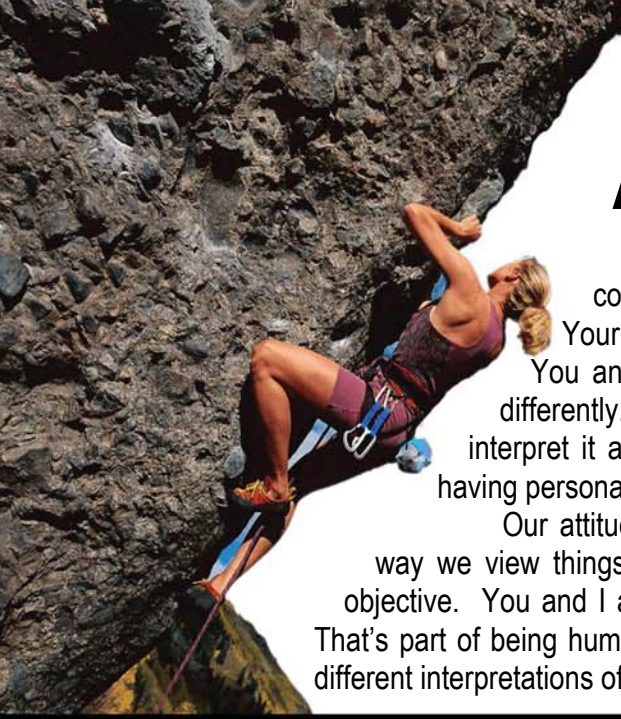


Adjust Your Attitude!



Your attitudes develop from the way you've learned to see the world, the conscious or unconscious assumptions you make every minute of the day. Your reactions are based on your unique interpretations of past experiences. You and I might have the same experience, but we often interpret things quite differently. If an acquaintance walks past without saying hello, one of us might interpret it as a snub or rudeness, while the other might think she is preoccupied or having personal troubles or is in a hurry to get someplace.

Our attitudes spring from our interpretations of events. WE generally feel that the way we view things is the way they really are, but in truth, most human beings aren't that objective. You and I are more likely to view things that happen not as they are but as we are. That's part of being human. Two people can see the same car accident happen but have entirely different interpretations of what occurred and why. (That basic fact of life keeps many lawyers in business.)

To change attitudes that have not been working for you and develop new attitudes that fire up your commitment, you need to adjust your assumptions, perceptions, and interpretations. Again, it is a matter of listening to your inner dialogues and eliminating the aspects of it that lead to self-defeating attitudes.

Here are things to listen for and eliminate:

- Blaming others for mistakes
- Complaining
- Exaggerating problems or challenges
- Playing the victim
- Focusing on past problems
- Fretting over what might happen
- Worrying about things beyond your control
- Venting anger in destructive actions
- Trying to stop the competition
- Ignoring your weaknesses
- Making money your goal
- Holding grudges
- Labeling yourself a loser
- Becoming overwhelmed
- Being self-pitying

Here are some ways to build a more positive attitude:

- Accept responsibility for your own success
- Deal with challenges as they come
- Work on solutions, not problems
- Know what your competition is doing, then do it better
- Build on your strengths
- Concentrate only on the things you can control
- Eat healthy and exercise daily
- Dress as though you have already made it
- Focus on small achievements first and build on them
- Let go of hard feelings; practice forgiveness instead



Why You're Not Already a Star:

One of the pitfalls you'll encounter as you work toward stardom in your chosen field is the "unfairness syndrome." You keep working hard and sacrificing, and after a while you begin to feel, "It's just not fair that I have to work and sacrifice this hard to get what I want when others get it without doing anything!" And of course, you're right. It's not fair you have to work overtime and put off buying a new car so you can save your money and invest it in the business you plan to start. If you'd been born a Hilton like Paris and Nicky, you wouldn't have to worry

about this stuff. But you weren't, and you do, and when you come right down to it, not much about life really is fair. The problem begins when we use our outrage against the unfairness of it all to block ourselves from going out and doing what we really want to do. Instead, you should sit down with a piece of paper and a pen and make a list of everything in your life that isn't fair. (Better make that two pieces of paper.) When you've finished, go down the list and put a check next to all the unfair things that will be rectified by your being outraged about them. You should spend five minutes a day fretting over each inequity that your fretting will actually help you fix. I promise, you won't waste a minute fretting.

By: Larry A. Thompson

