

ATTITUDINAL CHANGE (2)

Your attitudes are the perspectives from which you view life. Some people seem to have a good attitude about most things. Some people seem to have a bad attitude about everything. But when you look closer, you will find that most of us have a combination of attitudes, some good , some not so good.

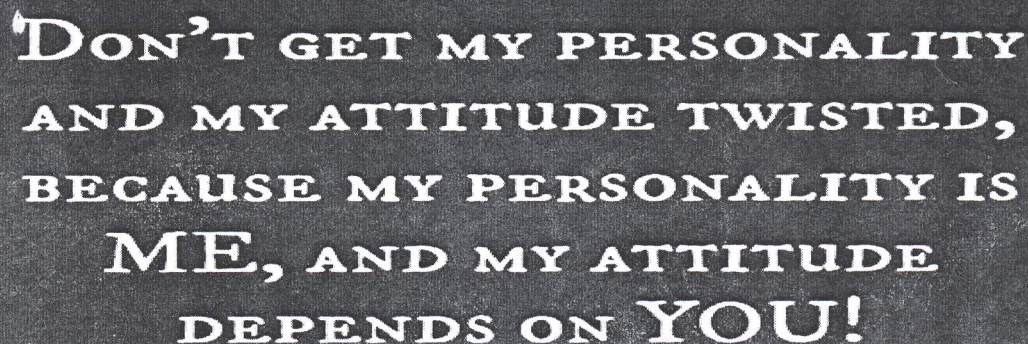
Whatever attitude we have about anything will affect how we feel about it, which in turn determines how we'll act about it and that in turn determines whether or not we will do well. So our attitudes play a very important part in helping us become successful.

In fact, as we can see , a good attitude is essential to achievement of any kind! We so often hear of someone who is said to have a "bad attitude". The term is often applied to young people ,especially to teenagers who frequently get into trouble , but we often hear it about adults, too. The implication is always that the individual in question is not going to make it if he doesn't change his attitude.

Without a good attitude, a perspective which allows one to see the opportunities ahead and set his sights to reach them, he never will. But even more important is the fact that in order to possess the kinds of feelings which work for us, we've got to have the right attitudes to start with!

But where do we get our attitudes? Are we born with them? Or do they just appear out of nowhere?

Our attitudes are no accident . They don't just happen. Our attitudes are created , controlled, or influenced entirely by our BELIEFS.



**DON'T GET MY PERSONALITY
AND MY ATTITUDE TWISTED,
BECAUSE MY PERSONALITY IS
ME, AND MY ATTITUDE
DEPENDS ON YOU!**

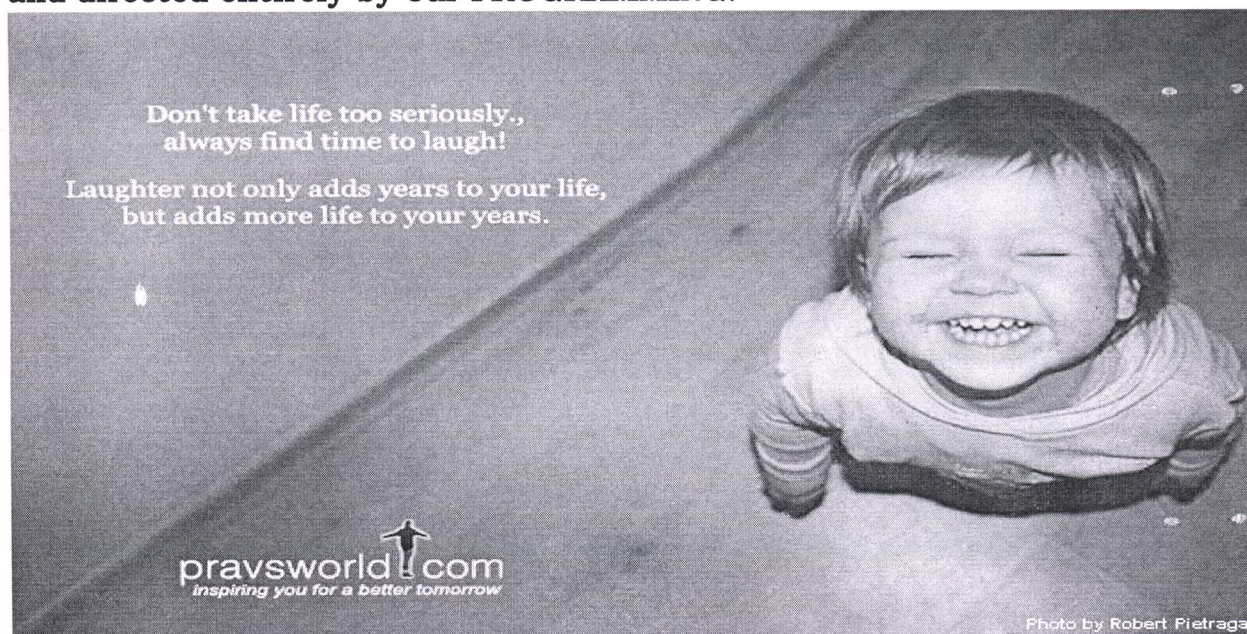
What we believe about everything will determine our attitudes about it, create our feelings , direct our actions , and in each instance , help us to do well or poorly, succeed or fail. The belief that we have about anything is so powerful that it can even make something appear to be somethings different than what it really is ! "Belief" does not require that something be the way we see it to be. It only requires us to believe that it is.

Belief does not require something to be true. It only requires us to believe that it's true! That's powerful stuff! That means most of what reality is, to each of us, is based on what we have come to believe -- whether it's true or not!

Since whatever you believe about yourself will end up affecting what you do, you can be sure that if you believe that you are not as socially successful as you would like to be, your belief about yourself will turn out to be correct-- whether it was true or not. All social behaviour is conditioned -no one is born popular and socially adept . Every social grace , skill and comfort level that we we have , successful or unsuccessful , is based on what we believe about ourselves . If you tell yourself that you cannot, what can the only outcome be?

We all have thousands of big and little beliefs about ourselves. Some of them probably are true, but most of them are not. But your mind will act as though they are true if you believe them.

What makes us believe? Do our beliefs just one day spring out of nowhere? Were our beliefs handed to us on the day of our births , like birthmarks of our heredities to be kept forever? Do we create them ourselves? Where do we get them? Our beliefs are not accidents of nature. Our beliefs are created and directed entirely by our PROGRAMMING.



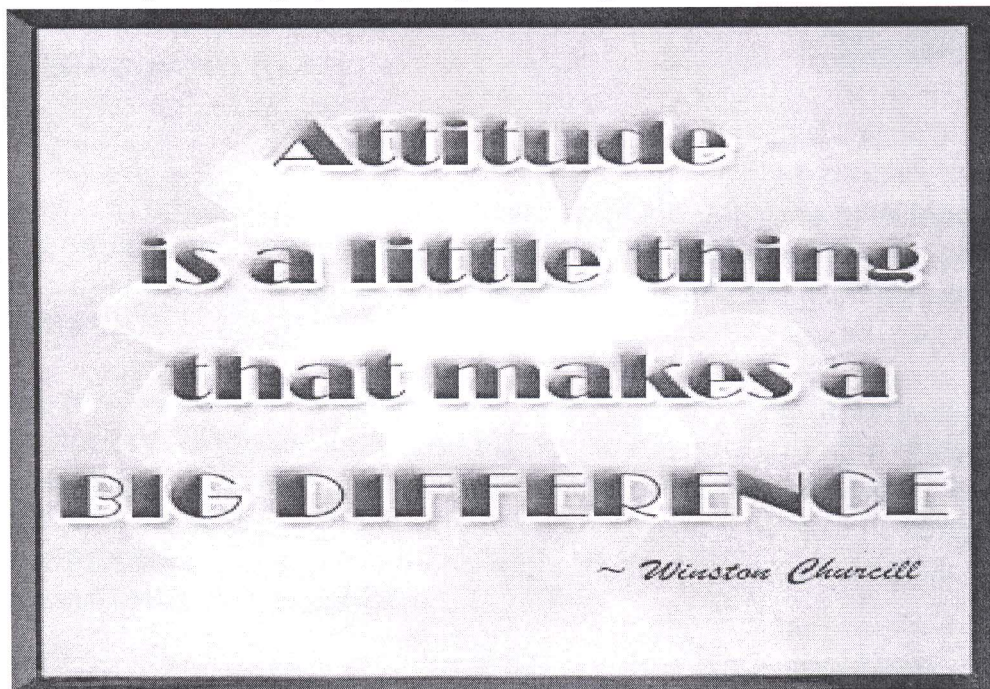
We believe what we are programmed to believe . Our conditioning , from the day we were born, has created , reinforced , and nearly permanently cemented most of what we believe about ourselves and what we believe about most of what goes on around us. Whether the programming was right or wrong , true or false, the result of it is what we believe.

It all starts with our programming! What we have accepted from the outside world, or fed to ourselves, has initiated a natural cause and effect chain reaction sequence which cannot fail to lead us to successful self-management , or to the unsuccessful mismanagement of ourselves , our resources , and our futures.

It is our programming that sets up our beliefs, and the chain reaction begins. In logical progression ,what we believe determines our attitudes , affects our feelings , directs our behaviour , and determines our success or failure:---

1. *Programming creates beliefs.*
2. *Beliefs create attitudes.*
3. *Attitudes create feelings .*
4. *Feelings determines actions.*
5. *Actions create results.*

That's how the brain works. If you want to manage yourself in a better way, and change your results, you can do so at any time you choose . Start with the first step. Change your programming.



POSITIVE ATTITUDE

Life is a comedy for those who think and tragedy for those who feel.

Attitude is more important than the past, then education, than money, than circumstances, than what other people say or do. It will make or break a company , a church, or a home.

Regardless of how you feel inside, always try to look like a winner. Even if you are behind , a sustained look of control and confidence can give you a mental edge that results in victory.

We have a choice everyday regarding the attitude we will embrace for the day. We cannot change our past . The people will act in a certain way . We cannot change the inevitable . The only thing we can do is play on the string we have our attitude.

Whatever life gives you, even if it hurts, just be strong & act like you're okay. Strong walls shake , but never collapse.

Think.....advantage of every situation.

Learn.....something from every situation.

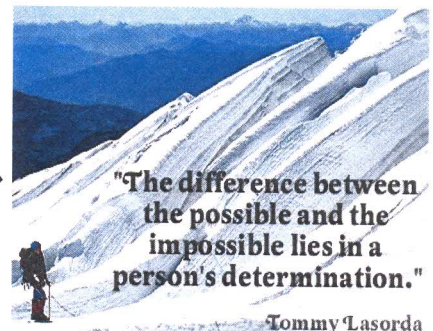
Live.....in present not lost in the future or past.

Focus.....on challenges and solutions.

To Be.....hopeful.

To Beproactive.

Look on the brighter side.



There was a hunter who bought a bird dog, the only one of its kind in the world. That could walk on water. He couldn't believe his eyes when he saw this miracle. At the same time, he was very pleased that he could show off his new acquisition to his friends.

One day the hunter invited a friend to go duck hunting. After sometime, they shot a few ducks and the man ordered his dog to run and fetch the birds. The owner was expecting a comment or a compliment about his amazing dog, but never got one. As they were returning home, he asked his friend if he had noticed anything unusual about his dog. The friend replied , "Yes , in fact , I did notice something unusual . Your dog can't swim."

Some people always look at the negative side. What about me?

Attitude shapes life

Here are a few highly influencing factors in life. If A B C D E F G H I J K L M N O P Q R S T U V W X Y Z are equal to 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 respectively.

then $L + U + C + K = 12 + 21 + 3 + 11 = 47\%$
 $L + O + V + E = 12 + 15 + 22 + 5 = 54\%$
 $K + N + O + W + L + E + D + G + E = 11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96\%$
 $H + A + R + D + W + O + R + K = 8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$
and $A + T + T + I + T + U + D + E = 1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100\%$

Needless to say, it is our attitude that makes our Life 100%. And in attitude, what matters most is how you see yourself.

Our favourite attitude should be gratitude.

If you love a person
Love must be shown;
If you feel sorry for a person
Sympathy must be shown
If you need some favour
Humility must be shown
If you are grateful for everything
Gratitude must be shown.

Your attitude determines (establishes) your altitude, as you cannot go higher than you think you can.

Outlook determines outcome.

He who has a *why* to live for can bear almost any *how*.

With Best Compliments From –
Dr. Shyamal Gupta

- ❖ Blessed is the leader who knows where he is going, why he is going and how to get there.
- ❖ Blessed is the leader who knows no discouragement, presents not alibi.
- ❖ Blessed is the leader who knows how to lead without being dictatorial.
- ❖ Blessed is the leader who leads for the good of the most concerned, and not for the personal gratification of his own ideas.
- ❖ Blessed is the leader who develops leaders while leading.
- ❖ Blessed is the leader who has his head in the clouds, but his feet on the ground.
- ❖ Blessed is the leader who considers leadership an opportunity for service.

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REAL LEADERS ARE
ORDINARY PEOPLE
WITH EXTRAORDINARY
DETERMINATION

Leadership happens when ordinary People ...

Take initiative
Stir others to action
Put civic concern before self
Empathize with others
Risk their security
Stand up for what is right
Persevere.

*A good leader takes
a little more than his share of blame,
and a little less than his share of credit.*

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