

ATTITUDINAL CHANGE

--Sri Shyamal Gupta.

Director, West Bengal Judicial Academy.

Attitude of Gratitude

Thanks to those who hate me, you make me stronger

Thanks to those who love me, you make my heart grow fonder

Thanks to those who care , you make me feel important.

Thanks to those who have entered my life, you've made me who I am today

Thanks to those who have left me, you've shown me that not everything
lasts forever.

Thanks to those who have stayed with me, you've shown me true friendship.

Thanks to those who have listened , you've made me feel worth it.

You can't have a positive life with a negative attitude. If we think positively, sound becomes music , movement becomes dance , smile becomes laughter and life becomes a celebration.

True wealth is not a matter of bank accounts and assets. It's in the values we live and share as well as the people we keep in touch with and care.

The problem is not the problem; the problem is your attitude about the problem.

**NO ONE IS BUSY
IN THIS WORLD.
IT'S ALL ABOUT
PRIORITIES.**

WWW.DAILYINSPIRATIONALQUOTES.IN

Everything we do is affected directly or indirectly by our attitudes . A change in a person's attitude can affect just about everything else in that person's life. Even a small shift in "attitude adjustment" can have a profound effect on what we do and how we do it. If you have ever had a son or daughter in school, you know how true that is. A change in attitude can result in a change in grades, dress, habits, and friends.

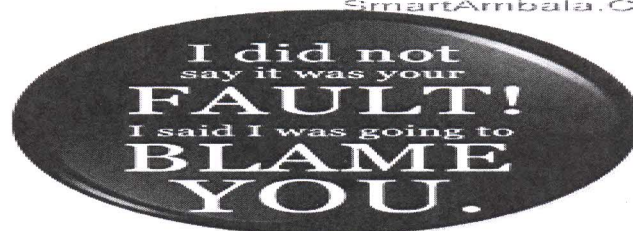
The better the attitude , the better the results, in almost everything we do. Because attitude affects our feelings and feelings affect what we do and how well we do it, having a good attitude can be the deciding factor in our successes or failures. The right attitude gives us that important edge.

Since our attitudes are the result of our programming, it makes good sense to take a look at the attitudes we are living with, why they are what they are, and which of them we might like to change. Because every attitude we have directly affects how we feel about everything around us and what we do about it-- our attitudes are important! Without the right attitudes we will never have the key that unlocks the treasure chest of happiness and success we so badly want and so richly deserve.

Attitudes create the biggest part of the picture we see of ourselves. They are the filters through which we view everything in our sight. Our attitudes are our dispositions --they are the "state of mind" we live in. Our attitudes express themselves through our moods, our temperament, our willingness and our hesitations.

Our attitudes propel us forward toward our victories or bog us down in defeat. They are the foothold beneath us in every step we take. They are what others see most of the personality within us; they describe us and define us, projecting the image we present to the world around us. Our attitudes make us rich or poor , happy or unhappy , fulfilled or incomplete. They are the single most determining factor in every action we will ever make. We and our attitudes are inextricably combined; we are our attitudes and our attitudes are us.

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An attitude we might like to change need not be an attitude that is calamitous or extreme--it may be a problem which is quite simple, an attitude which, if fine tuned just a little, could make some small part of our daily lives work better. And because even the simplest or the most important of our attitudes can be changed by redoing a piece or two of our programming, if we would like to make the change-and we know how to make the programming change -there really isn't any impassable obstacle stopping us from going ahead and doing it.

The attitudes which you have about yourself create one additional important result: the attitudes you have about yourself determine the attitudes you will have about everything else around you. So if you want to change the way you feel about anything else, you have to start first with the attitudes you have about yourself.

Look at your attitudes. Assess them, examine them. Take stock of your beliefs about yourself , take a mental inventory of your attitudes--good and bad --and decide for yourself which of those attitudes work for you and which do not. The ones you don't want to keep --throw out. Get rid of them. Keep the ones you like. Change the ones you want to change. Take charge of your attitudes. Put yourself back in control. The least that could happen is that you would get a little more of your real self back again.

Start the adventure. Discover the jewels and gems that are part of your own mind. Seek out and find the rich reserve of the 'attitudes' within you which have waiting to step out and live again. Start talking to yourself the right way.

Little changes in attitudes can big changes in life. Your attitudes affect all of the important things around you. They affect how you feel about yourself. They affect your work, your friends, and your loved ones. When your attitudes get better ,so does life. If would like to make a change or two , fixing an attitude and making life a little better isn't bad place to start.

Just shut up, okay?

I'm allowed to dislike somebody who hurt me.

I'm allowed to say what I want,

laugh how I want,

do what I want,

and be who I want.

This is my life, and if you don't like it
then there's something wrong with yours, not mine.

your feelings to the world

yoursayings.com

Your Attitudes and Beliefs Matter

At times , most of us feel inferior about our life, looks , skills ,abilities , status or performances. The reason for this is the comparison we make with others or what others say or feel about us. We are what we are, created by God, with a touch of uniqueness and originality.

Our success doesn't lie in our comparison with others; but by comparing our accomplishments with our capabilities we can be our best by using our capabilities to the utmost.

We should consider ourselves as "God's special creation" and use our talents instead of wishing for the talents of others.

The supreme secret of success in life is the attitude we take towards ourselves . The belief in our capabilities strongly governs the level of our performance.

"I became successful due to several reasons. I never gave up and I never let anyone or anything get in my way. I use the

power of
positive
thinking

to tackle obstacles and challenges so they don't defeat me."

Lillian Vernon

www.thesassysix.com

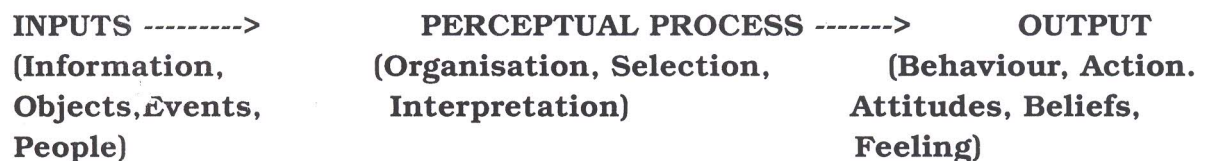
PERCEPTION -----> ATTITUDE

What is perception?

Perception is the intellectual process by which a person acquires the information from the environment, organises it and obtains the meaning from it. Perception basically refers to the manner in which a person experiences the world. Perception is "the process by which people organise, interpret, experience and use stimulus materials in the environment so that they satisfy their needs."

Perceptual process:

Perceptual inputs are first received, then processed by the perceiver and the resultant output becomes the base of the behaviour.



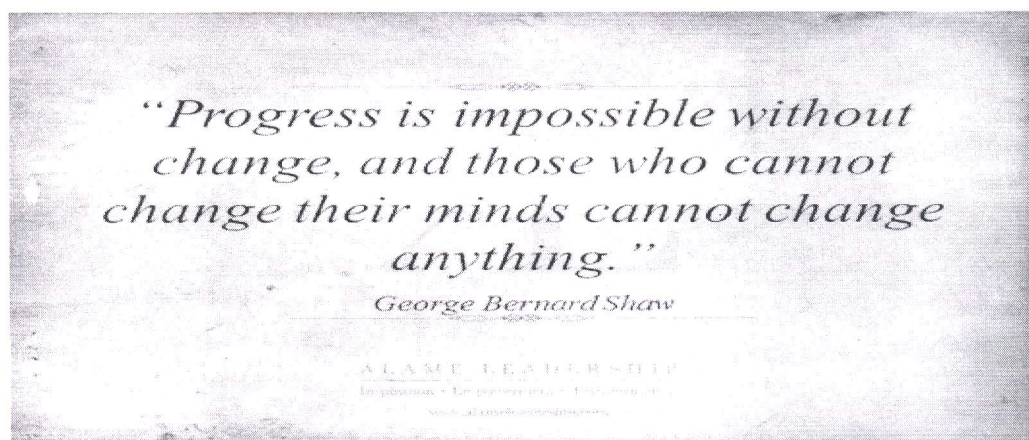
The model has four variables:----

INPUTS: Perceived inputs are the objects, events, people, etc that are received by the perceiver.

PROCESS: The received inputs are processed through the selection, organisation and interpretation.

OUTPUTS: Through the processing mechanism, the output is derived. These outputs may be feelings, actions, attitudes.

BEHAVIOUR: Behaviour is dependent on these perceived outputs. The Perceiver's behaviour, in turn, generates responses from the perceived and these responses give rise to a new set of inputs.



Attitudes are a way of responding either favourably or unfavourably to objects, persons, concepts etc. They are evaluative statements. They reflect how one feels about something. Attitudes are related to behaviour. It is an unidimensional variable. i.e, positive or negative. They are hypothetical constructs. It is something inside a person. It may be observed but the attitude itself cannot.

Attitudes in a person could be observed in three ways:---

- 1) Direct experience with the person or situation.
- 2) Association with other similar persons /situations.
- 3) Learning from others about their association with person or situation.

'Direct Experience' is the concrete experience stage of learning. Association is similar to abstract conceptualisation and generalisation. Learning from others is like reflection and observation. Attitudes evolve out of perception and learning process. One is not born with attitudes but acquires them through life experiences. But certain basic attitudes are formed during the early years of life. According to Erikson, a basic life attitude of trust or mistrust occurs during infancy.

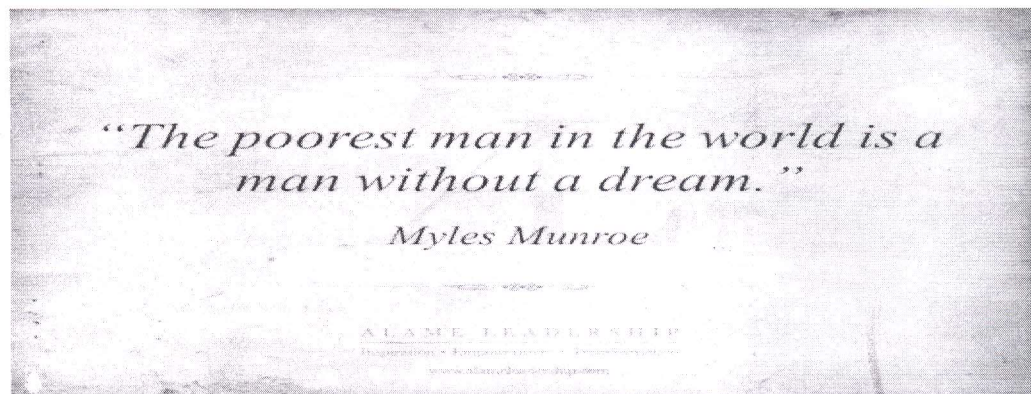
ATTITUDES IN ORGANISATION:

In organisation, attitudes are important because they affect job behaviour. There are three primary attitudes:

Job satisfaction refers to an individual's general attitude toward his/her job, which is either positive or negative i.e, satisfied or dissatisfied.

Job involvement measures the degree to which a person identifies with his job, actively participates in it and considers his performance important to his self-worth.

Organisational commitment is an orientation toward the organisation in terms of loyalty, identity and involvement in the organisation. These attitudes are measured so that behaviours like productivity, absenteeism and turnover can be predicted.



To sum up, attitude indicates knowledge, feelings and intended action for the given stimulus.

It is upto you

**One flower can make the dream,
One tree can start a forest,
One bird can herald spring,
One smile begins a friendship,
One handsclap lifts a soul,
One star can guide a ship at sea,
One word can frame the goal,
One sunbeam lights a room,
One vote can change the nation,
One candle wipes out darkness,
One laugh will conquer gloom,
One step starts each journey,
One word starts each prayer,
One hope will raise our spirits,
One touch can show your care,
One voice can speak with wisdom,
One heart can know what is true,
One life can make the difference,
One man can change whole world.**

You see it is upto you.....

What you do today can improve all your tomorrows.

Ralph Marston

Let's start something good today!

www.VeryBestQuotes.com



Don't React But Respond

When confronted with a problem, do we respond to the whole situation or react to it from our narrow experience? It is a reality that we have no control over people we meet or events that happen in our life. Thus we are often quick to react without realizing that we do have control our response.

Reacting and responding are not the same. A reaction is an action based on an awareness of a "narrow slice" of the situation. It implies that we have given charge of the situation to someone or something else. In reacting, we don't really think about what we are doing. We resort to certain negative patterns of thought and behaviour out of habit or in response to an emotional trigger ,then relationship suffer.

A response is an action that accomplishes goals based on a more thorough understanding of the whole situation. In such response, we have a command over how the situations and people influence us. Here we are taking responsibility for what has been said or done , why as well as taking a moment to set aside our own emotional or historically learned content and try to respond in a way that well be constructive for both parties involved.

Most of us are at ease with reacting than responding! Thus any attempt to change this is almost like going against a habit that we have acquired . However, with a conscious decision and awareness , we can overcome the habit of reacting and adopt new pattern of responding. After all we are what we repeatedly do. Therefore, next time when we find ourselves emotionally hijacked, make sure not to react but respond to make a difference.

"The purpose of relationship is not to have another who might complete you, but to have another with whom you might share your completeness."

Neale Donald Walsch

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GRATITUDE

Gratitude unlocks the fullness of life. It turns what we have into enough , and more. It turns denial into acceptance , chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Two kinds of People

There are two kinds of people in the world : those who make excuses and those who get results. An excuse person will find any excuse for why a job was not done, and a results person will find any reason why it can be done. Be a creator, not a reactor.

Maturity is accepting the responsibility and totally understanding what responsibility means. So when we say, accept the responsibility for your attitude, we mean (1) become aware of how you think and how you feel; and (2) if there is any negativity , or if it is simply not as you want to feel then change it to make it right.

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. The special secret, it seems to me, can be summarized in four C's. They are curiosity, confidence, courage and constancy, and the greatest of all is confidence. When you believe in a thing , believe in it all the way , implicitly and unquestionably.

People are often unreasonable and self-centered.

Forgive them anyway.

If you are kind, people may accuse you of ulterior motives.

Be kind anyway.

If you are honest, people may cheat you.

Be honest anyway.

If you find happiness, people may be jealous.

Be happy anyway.

The good you do today may be forgotten tomorrow.

Do good anyway.

Give the world the best you have and it may never be enough.

Give your best anyway.

For you see, in the end, it is between you and God.

It was never between you and them anyway.

- Mother Theresa