

## What's in an Attitude?

Tony Reeves, Principal, Parkview Adventist Academy, Lacombe, AB

As I reflected on the topic for this article, I was reminded how important attitude is in our every day living, and felt impressed to put my thoughts in writing. How easy it is to get swallowed up in the rush and cares of daily living. When faced with challenges we each choose what our reaction will be. At times we may become angry and upset because a particular situation did not go the way we had planned or hoped it would. When this happens it is easy to become discouraged. Instead of taking the challenge in stride and seeking a proper solution, we many times become defensive and worry how we can possibly get beyond it. Our reaction, whether we realize it or not often affects those around us. All too often we work out our frustrations on people who are closest to us when in reality they may have had nothing to do with the situation or the outcome. It all goes back to attitude; how we react and how we let it affect us. Steven Covey in his book *The Seven Habits of Highly Effective People* states the following: "What matters most is how we respond to what we experience in life." (p75) In other words "our attitude". If we allow ourselves to display anger, we are can be certain this attitude will cause unhappiness not only to us but innocent individuals around us. However, if we would only take time to study our situation, we could learn how to take this challenge in stride and not let a bad attitude rule. Our attitude is based on the values and principles by which we live; it is also learned from our parents and peers. With this in mind, I want to share some ideas on attitude that I gleaned from a few interesting authors.



Cheryl Perlitz writes, "Surviving, thriving and living a long happy healthy life may just depend on your ability to develop the **Adventure Attitude**. The adventure attitude is about taking the challenges in your life and making the choice to look at them as an adventure. It allows us to climb our personal mountains with positive attitude, energy and creativity. It allows us to see possibilities in the impossible, find solutions to problems and send us in a new direction." She also states, "Accepting the ... challenge as an opportunity for positive change. Stretching yourself out of the comfort zone mentally and physically makes the comfort zone that much larger and allows you to stretch even more. The world outside the comfort zone is a world of immense possibilities that opens little by little as you challenge your personal boundaries."

Shannon Herod says, "Making the choice to stay positive is an easy task but it takes commitment and will not happen over night. It is learning to find the positive in every situation and retraining your subconscious mind to think in the positive instead of the negative. Every time you find yourself thinking negatively, turn it in to a positive thought and repeat it ten times. It takes 10 positive thoughts to cancel out one negative thought. Setting a goal to make a commitment to change your attitude is the foundation that must be laid."

Dr. Alvin Chan Kok Chuen writes, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

Scott W. Ventrella states, “Achieving your goals requires that you identify and eliminate negative attitudinal barriers. In doing this, you will create a fertile environment for cultivating the positive behaviours inherent in all of us. There are ten specific behavioural traits that are characteristic of a positive-thinking and positive-living person: optimism, enthusiasm, belief, integrity, courage, confidence, determination, patience, calmness, and focus. These traits can be leveraged and brought to bear on challenging situations to help you meet your goals and objectives.”

*Sow a thought, reap an action.*

*Sow an action, reap a habit.*

*Sow a habit, reap a character.*

*Sow a character, reap a destiny.*

**William James**

What will you do with your attitude? The choice is yours and the consequences of that choice will make a world of difference not only to you but to all those around you.

**Resources:**

- Stephen R. Covey, *The 7 Habits of Highly Effective People*, Simon and Schuster, Toronto, 1990.
- Quotes taken from – <http://mindpower.smartads.info/entrepreneur/attitude.html>