

## **Change Your Attitude, Change Your Life**

If we are the products of our attitudes then it is important for us to examine our attitudes, both positive and negative, to discover the impact they are having on our lives. This is even more important if we are determined to maximize the potential that is ours, a potential which, in the vast majority of us, remains grossly underdeveloped.

Positive attitudes release a power to achieve that will astound you, while negative attitudes severely hamper our becoming the people we are capable of becoming. It become the central task of anyone interested in actualizing their enormous potential to become involved in the process of attitudinal transformation.

Attitudinal transformation takes time, effort and determination but it can be done. Don't expect perfection, just progress. It took a long time to develop negative attitudes and it will take time to transform them. It is also important not to concentrate on more than one or two negative attitudes at once. If you overload your agenda for change you run the risk of becoming discouraged and giving up.

Once you have identified the negative attitude you wish to transform, commit yourself to the process of becoming conscious of that attitude cropping up throughout the day. You will be surprised at how quickly you will become aware of your target attitude. When you are focussed on the attitude, visualize it leaving your body and flying off into the great beyond. Now replace it with a positive attitude and give yourself the suggestion that from now on this will be your dominant thought pattern. Whenever your old negative attitude creeps back into your mind engage this process of thought replacement. Soon the new attitude will become dominant and you will find yourself enjoying its positive power in your life.

Be gentle with yourself when you fall back into the old pattern of thinking. Believe that the change you desire will come more frequently and it will. It might help to remember that human

beings use between 2 and ten percent of their mind's potential so you have a huge reservoir of unused potential to help you over any periods of discouragement.

Don't forget to continue to use humour to keep your spirits up and put the entire process in perspective. HUMOUR MAKES GOOD THINGS HAPPEN.

## **The Power of a Positive Attitude**

You wake up in the morning sleepy and fatigued; the day has to start but you do not want it to. You stumble around; stub your toe on the dresser and step on the dog. What do you do, get mad and waste the day with anger or get excited because you woke up this morning and the day is going to be awesome.

Unfortunately, most of us fill our day with negativity from the moment we get out of bed. Then we wonder why our day is not the best it can be. Attitude affects every aspect of your life- even your on-line business- so why not have a great attitude. The good news is you control your attitude, not me not circumstances, and you do. Every time you get excited about your day, you made the choice to be excited. When you walk through your day with negativity it was a choice you made.

### Make The Right Choice

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 sub conscious mind to think in the positive instead of the negative. Unfortunately, we are bread to think negatively from the time we can walk but we can retrain ourselves to be the positive motivator that takes charge and wins in life.

Read on to learn the techniques I use to maintain a positive attitude.

### Make A Goal To Change

People often ask me why I am so happy all the time and I tell them because I made a goal to control my attitude. Setting a goal to make a commitment to change your attitude is the foundation that must be laid. If you need help on how to set a goal, you can read my article on goal setting at:  
<http://www.Dreams2freedom.Com/myarticles1.html>.

## Affirmations

Affirmations are the key to maintaining a positive attitude. An affirmation is a positive statement said in the present tense with conviction. For example, I am a money magnet, money flows to me easily and effortlessly or I am an extremely positive person at all times. I made a list of seven affirmations that I say twice a day every day and I recommend you do the same. I say my affirmations every morning in the shower and at night before I go to bed and when ever i fill negative about something, this way they will be imbedded in my sub-consciousness through out the day.

## Fight A Negitive With A Positive

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. Every thing can be put into a positive; for example, you are stuck in rush hour traffic and you want to get home to see your family. This is an easy situation to get negative about but instead make it a positive by saying this is awesome, I now have time to clear my head from work so when I get home I can give my family my full attention. Now when you get home you are in a great mood and ready to play with the kids instead of being grumpy.

Follow through on what you just read and you will be surprised at how much better life and business will be. This will be a tough road but is any thing worth achieving easy!

## **21 Days to A Positive-Attitude Habit**

This may come as a surprise... but your attitude is more important than your aptitude in determining your success in life!

Just how critical is attitude to achievement? Well, take a look at one of the greatest inventors of the last two hundred years - Thomas Edison. Every time you turn on a light switch, you experience the result of his persistence in the face of continuous failure.

Edison tried 10,000 times to get his light bulb invention to work, but failed each time. However, he had this to say about his lack of success. "I have not failed. I've just found 10,000 ways that won't work."

You can learn to have this kind of outlook on life, but it needs to be purposefully installed into your daily living.

You probably know it takes about 21 days to break a habit by replacing it with a new one. If you are plagued with persistent negative thoughts toward life, you can replace this mindset with a new positive-attitude habit!

Here is a 21-day five-step program to change a negative attitude to a positive one.

### 1. Take charge of what you're thinking.

This is a moment-by-moment decision that doesn't happen overnight. It's a habit that will take some time to build. How can you do this? Choose to think uplifting thoughts instead of discouraging ones.

You get to decide what you think, which in turn determines how you feel. Become aware of this and dwell on positive ideas throughout the day.

At first you may have to force yourself to find something positive. Consider keeping a journal and write down at least one good thing in your life each day for three weeks. Then think about these blessings instead of discouraging thoughts.

### 2. Read inspirational material.

During this 21-day training period, fill your mind with good thoughts. The best book of all to read is that priceless diamond of world literature - the Bible. You'll never know what wonderful results from reading it are around the corner until you open its covers!

### 3. Focus on others.

For the next 21 days make an extra effort to help other people. Concentrating on assisting others will help you more than you realize. If you succeed in becoming wealthy but are poor in respect to your relationships, you will not be truly prosperous at all!

So make a special effort of focusing on others during your 21 days of building your new positive-attitude habit. This will free you up to allow the butterfly of happiness to land on your shoulder when you least expect it.

#### 4. Take care of your health needs.

It's hard to maintain a positive mindset if you've neglected your physical needs. So during the 21 days of your attitude retraining make an extra effort to eat nutritious balanced meals.

Not getting enough sleep will also be a tremendous hindrance, so make sure you're getting adequate rest. And don't forget to get enough exercise. When you feel down, try to take a brisk 30-minute walk. You'll feel revived!

#### 5. Learn contentment

For the next 21 days focus on what you have and not on what you don't have. Live in the present and enjoy your blessings.

Try to forget acquiring stuff for the purpose of keeping up with others. That only leads to more anxiety. Be thankful for what you do have instead.

When going through difficult experiences - remember that adversity can be a blessing in disguise. You might learn some important lessons during those tough times - like Thomas Edison did. (I know I have.)

These lessons can turn into credentials that will enable you to help others when they're going through tough times.

So don't let negativity ruin your present and future. Instead, build a new habit of having a positive attitude. It will take about 21 days to start seeing consistent changes in the way you think, but it will be worth it!

Now choose the starting date for your attitude-renewal adventure and go for it!

How about today?