ATTITUDE! Me? You Must Be Kidding?

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What is Attitude?

Attitude is the way you communicate your mood to others. Attitude is a mind-set. It is a way you look at things mentally. Think of attitude as your mental focus on the outside world. Attitude is never static. It is an ongoing, dynamic, sensitive perceptual process.
Need for attitude renewal

- Everyone must occasionally engage in some form of attitude renewal—reestablish a positive focus, repair damage of wear and tear. That’s what weekend getaways, vacations and holidays are supposed to be used for. They give us time to combat:
  - Environmental shock waves—financial reversals, disappointments, family problems, health concerns, etc.
  - Self-image problems—tired of the way we look, gained a few pounds, not as well groomed as we used to be.
  - Negative drift—even when all seems to be going well, there can be a movement toward negativism, perhaps brought on by the simple constant bombardment by negatives of society around us.
Attitude Assessment
Score:

- A score of 90 or more is a signal that your attitude is in tune and no adjustments seem necessary.
- A score between 70 and 90 indicates that minor adjustments may help.
- A score between 50 and 70 suggests a major adjustment.
- If you rated yourself below 50, a complete overhaul may be required.
Attitude Adjustment Techniques
Your Flip Side Technique

- Humor is an inside job. It can be created, anyone can do it.
- Laughter is therapeutic, relaxes nerves, improves digestion and helps blood circulation.
- A “funny focus” can transfer your focus from the problem to the solution.
Play Your Winners

- Think about your winners. Concentrate on the things you do well in life.
- Talk about your winners. As long as you don’t overdo it, verbalize the happy, exciting times in your life.
- Reward yourself by enjoying your winners. If you enjoy nature, drive somewhere and take a walk. Listen to your favorite music. Sit back and read your Bible- in a favorite spot.
Simplify, simplify!

- Unused and unappreciated possessions. Some become slaves to possessions.
- Too many involvements. In their desire to “do good” some overextend themselves. They become slaves to work, social or community activities.
- Career-home imbalance. Some devote so much time to careers, their home life is left in shambles. A negative home-life will spill over into a negative work environment.
- Putting off little things. Most of us have the opportunity to discard many negatives that enter our lives, but we procrastinate and keep these distractions around.
- Holding on to worn-out relationships. It may sound harsh, but most of us have a few “friends” who have become negative and really need to be dropped.
Insulate, Insulate!

- Refuse to assume responsibility for other people’s problems.
- Play your winners- concentrate on positives.
- Find ways not to worry about things beyond your control. Partner-up with God, let Him handle those items.
- Share your problems with God.
- Talk problems over with good friends or professional counselors.
- Keep things light- don’t take life too seriously. One person used to say, “Twenty years from now, what difference will this have made?”
Insulate, Insulate! (Con’t)

- Keep busy- work out problems/frustrations through physical activity.
- Make temporary changes to your environment-long hike, mini-vacation.
- Do something to help others.
- Engage in special leisure activities, hobbies, gardening, sports, home repair/remodeling.
Share Your Positive Attitude

- Go out of your way to visit friends who may be having trouble with their attitudes.
- Be more positive around those with whom you have daily contact.
- Transmit your positive attitude to others whenever you use the phone.
- Share attitudes by sending tokens such as cards, flowers.
- Share humor through mild teasing, jokes or using the flip-side technique.
- Be more sensitive as a listener so others can regain their focus.
- Laugh more so your attitude will be infectious.
- Communicate attitude in upbeat conversation, compliments.
- Share attitude by setting a better example as a positive person.
Self-Improvement

- Wardrobe improvement. Pay attention to what you wear; how you coordinate colors, what styles fit your work, image and beliefs most closely.
- Hairstyle, cosmetics. Spend time here but not to the detriment of time needed elsewhere.
- Look healthy. Spend time in daily exercise, work on posture, dental care, weight control, diet.
- Be yourself. Refuse to be influenced by others and the media. Be different in the way you want to be and your belief system leads you to be.
- Image-attitude connection. Realize that your attitude will reflect your self-image and, even more importantly, your belief system and values.
Clarify Your Mission

A person with a purpose and sense of direction in life will have a more positive attitude than someone without direction. The more one puts into life, the more one gets out of life.