

# ATTITUDE! Me? You Must Be Kidding?

Damion V. Bascombe,  
*Area Coordinator*

# 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 your self below 50, a complete overhaul may be required

# Attitude Adjustment Techniques

The background features abstract, overlapping geometric shapes in various shades of pink and purple, creating a modern and dynamic aesthetic. The shapes are primarily triangles and polygons, some with thin white outlines, set against a white background.

# 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.