You Can Win Notes

Chapter One – Importance of Attitude

“***The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.***”

Factors that determine our attitude

1. Environment
2. Experience
3. Education

The benefits of a positive attitude

* Makes for a pleasing personality
* Is energizing
* Increases your enjoyment of life
* Inspires others around us
* Helps you become a contributing member of society

Our attitude determines how we look at a setback. To a positive thinker, attitude can be a stepping stone to success. To a negative thinker, it can be a stumbling block. Every problem comes with an equal or greater opportunity.

Chapter 2 – How to build a positive attitude

“***You may be disappointed if you fail, but you will be doomed if you don’t try.” –*** *Norman Vincent Peale*

How do you build and maintain a positive attitude?

* Become aware of the principles that build a positive attitude.
* Desire to be positive.
* Cultivate the discipline and the dedication to practice those principles

8 Steps to attitude change

1. Change Focus, Look for the Positive
2. Make a habit of doing it now
3. Develop an attitude of gratitude.
4. Create a continuous education program for yourself.
5. Build a positive self-esteem.
6. Stay away from negative influences.
7. Learn to like the things that need to be done.
8. Start your day with something positive.

Regardless of our environment, education, and experience, who is responsible for our attitude? We are. We have to accept responsibility for our behaviour and actions. It is up to us to choose our attitude every morning.

You have to get away from the past. Dust yourself off and get back into the mainstream. Put your dreams together and move forward. Thinking of the positive things that are true, honest and good, will put you in a positive state of mind.