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HOW TO GET A GREAT ATTITUDE TO LIFE (PART TWO)

By Craig Lock

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Realistically analyse your strengths and weaknesses. As a matter of interest, people generally list more weaknesses than strengths, especially women (nice things those!). Too often people discount their accomplishments and focus on what they haven't been able to do.

Making money in itself is not success, but rather a by-product of success. Most successful people use the technique of visualisation to foresee ideal outcomes. If you can foresee getting your desires in the mind, then you can get there in the body.... at least I think so!

"As a man thinketh so is he." (the Bible)
Haven't I got that one in already?

Success or failure is not a matter of luck. The key ingredient is a winning attitude, together with PERSEVERANCE and common sense.

Your attitude determines your destiny:

Remember to stick at a task when things don't go right. "When the going gets tough, the tough get going", as my dear father used to tell me often. Did it work though with me? All successful people have true grit and stickability, as well as natural ability. The winner is often the person who gets up one more

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time than they are knocked down.

You will hit attitudes in others who say 'you can't do it'. You have a choice then: a) To remain convinced that you can do it. b) Stay with their attitude and quit yours.

All the world's greats would never have been great if they had listened to the opinion of even their closest friends. Caruso, the world's greatest tenor, was told his voice sounded like a tin can. Thomas Edison, the inventor of motion pictures, was advised that no-one would pay to listen to sound

coming from a screen. Edison told Henry Ford to give up making cars and work for him instead and make millions. Marie Curie was told to forget about radium. Laurence Olivier was told by friends to give up acting. Benjamin Franklin was told to stop fiddling with lightning. People told Johnny Weismuller (Tarzan) that no-one would ever beat his fifty swimming records. His 1936 world record was the qualifying time for the 1972 Olympics! Attitudes of the time said his records could never be beaten. Now 12 year old girls regularly beat his times.

Christopher Columbus took 14 years to raise funding for his ships and crew before setting out on his explorations. The science and culture of the day had said that the world was flat. However, Queen Isabella and King Ferdinand of Spain had faith in Columbus. With that faith and money behind him, Columbus took just six months to discover the New World.

In the same way, a "flat-world mind-set" can limit our thinking and lead to mediocrity. In the same way that you can train fleas to jump a certain height in a bowl, when you take away the bowl, they still do not jump higher than the learned height.

Our mind can tie us down and limit us, so that mediocrity becomes our destiny. Negative attitudes get cemented in concrete.

WITH THE RIGHT ATTITUDE YOU CAN BE GREATER

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THAN ANYTHING THAT HAS EVER HAPPENED TO YOU:

ATTITUDE BEATS FACTS EVERY TIME.

DARE TO BE DIFFERENT

* * *

Someone said, "Failure is the line of least persistence." My dear mother called it "stick-to-it-iv-ness." It generally boils down to a healthy combination of faith and hard work, and it usually means success.

"The only place where success comes before work (hard) is in the dictionary."

A short exercise:

Talk to your best friend or partner *(I hate that common New Zealand expression – cheapens the institution of marriage and denotes immoral living – Yes, sir "Mr goody goody two shoes" and "get with the times, mate") about: * I far prefer the term 'spouse', which could be an abbreviation for "spastic mouse". Enough about my personal opinions...

1. The picture you hold of yourself (i.e.. how you see yourself): Is it positive or negative, are you an introvert, extrovert, popular?

2. How you see other people seeing you – their perception of you, or looking glass). Which brings to mind the following wise words (not mine)...

"I am not what I think I am."

"I am not what you think I am."

"I am what I think you think I am."

STICK TO IT

According to William S. Banowsky, the story of one of America's greatest leaders is actually a

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story of repeated failures and dogged persistence:

In 1831 he failed in business.

In 1832 he was defeated for the state legislature.

In 1833 he failed again in business.

In 1834 he was elected to the state legislature.

In 1835 his sweetheart died.

In 1836 he had a nervous breakdown.

In 1838 he was defeated for Speaker.

In 1840 he was defeated for Elector.

In 1843 he was defeated for Congress.

In 1846 he was elected for one term to Congress.

In 1848 he was defeated again for Congress.

In 1855 he was defeated for the Senate.

In 1856 he was defeated for Vice President.

In 1858 he was defeated again for the Senate.

In 1860 he, finally, was elected President of the United States. And these are just a few of the rough spots in the life of Abraham Lincoln.

Are you feeling discouraged? Perhaps you just need to give it one more try.

>From Steve Goodier's ONE MINUTE CAN CHANGE A LIFE
<http://store.yahoo.com/lifesupportsystem/books.htm>

Abraham Lincoln grew up in a very difficult environment. He had less than one year of formal schooling. He experienced defeat and failure year after year, but is one of the great—est success stories of all time. In spite of everything, he had

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the right attitude to achieve success.

I HOPE THAT YOU DO TOO.

Craig Lock has written extensively in the field of self help. This extract is from his first published book HANDBOOK TO SURVIVE – a collection of writings on various subjects to help every man or woman survive in a rapidly changing, uncertain world. For more info on attitude, see HANDBOOK at:<http://www.nzenterprise.com/writer/books.html><http://www.novelty-gift.com/ebooks.html>

There is Attitude and Attitude

By Judi Singleton

There is Attitude and Attitude by Judi Singleton

Attitude has a lot to do with how our life goes. We win the lottery and we are happy or we lose our jobs and we are angry. However does it have to be that way we can decide how to feel about anything that happens it all depends on your attitude.

You are responsible for all your experiences in life. We cannot control what happens to us for there are many other co-creators of life out there creating but we can control how we react to what happens to us.

Our attitude does have a great affect and can make a huge difference when dealing with our day-to-day experiences.

By changing our attitudes and beliefs we can create a new life. We will learn to perceive the same events, behaviors and phenomena differently so as to experience greater peace and more positive emotions. When I first realized the power of my attitude one thing hit me, If I wanted to change my life I would first have to change my attitude.

Let me give you my definition of attitude. Simply, attitude is your perception of life. It's the way you view things around you.

It is your perception of the day that determines whether you have a good or bad day. You have a choice every day to respond positively to life's circumstances or react negatively. The choice is yours. You are where you are today because of the thoughts you have maintained up to this point in your life. James Allen says it as, "A man is literally what he thinks, his character being the complete sum of all his thoughts."

You cannot change your thoughts without changing your life in the process — either for good or for bad. Immerse yourself in the right thoughts and you will become the person you long to be, just as surely as the planting of an acorn yields an oak tree and not a pine tree.

The power of a positive attitude is always within your reach. You simply have to extend your hand and grab it.

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Now I can give you an example out of my own life. I have been out of work for three weeks now. Today I was offered a job. It is a night shift and it is with a hospice patient. It also does not pay what I want for a wage. But I agreed to do the work. Why did I agree because I can't see another alternative right now. Now my mind says I have to do this. My attitude is not so good. Now I applied at this agency and I dressed up and went there all confident that I would be given work. When they did that I was not so pleased. What changed my attitude.

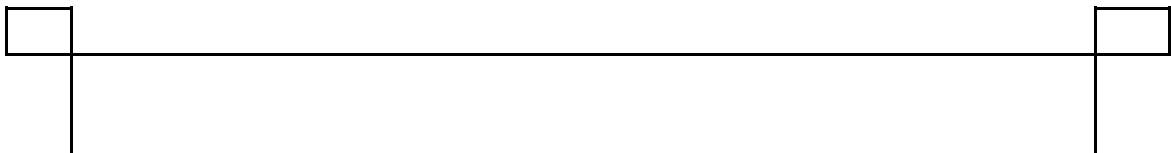
So what can I do about it. I can change the way I think about this assignment and be grateful I have work now. I can also be grateful it is nights giving me my daytime hours to look for other work or to work on my internet business. If I keep thinking what a good opportunity this is and that I probably will meet more people who can help me find another job then within thirty days my attitude will change.

I have a choice how I react to life. I am where I am now because of my thinking and I can change my thinking. No one else thinks for me.

About the author Judi Singleton publishes Jassmine's JOurnal a daily ezine. There is a free edition and a paid edition of Jassmine's JOurnal. You can subscribe at <http://www.motherearthpublishing.com>



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