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Impair Healthy Healing In People Over The Age Of 30!

MAINTAINING YOUR BEST PROFESSIONAL ATTITUDE

By Gerri D Smith

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"The mind is everything; what you think you become."
– Guatama Buddha

Do You Have What It Takes to Take It?

Without the strength to deal with the stresses in life: pain, sickness, disappointment, missed opportunities, bad business decisions, and more, you can easily be discouraged.

Whenever something hits you and you don't have what it takes to overcome it, your means of coping will be undermined.

To overcome minor or major setbacks, recharge yourself spiritually. Give yourself a God-like power to react and reverse any mental picture you may be holding of weakness. With God's help you know you can take anything that comes your way.

Are you a Positive Person?

Always in life there are times when the going is rough, tough, and downright too much. Coming out of it on top takes a positive attitude.

To maintain a positive attitude when everything around you is crumbling takes an inner power beyond anything you can imagine. To do so depends on how and what you are thinking at the time it is happening to you.

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If you can smile when you'd rather complain, you will find strength in your weakness. And if you can endure and overcome your fear, you make way for the best possible outcome to any trying situation.

Are You Strong Enough to Face Your Problems?

Some sources of strength to develop and keep are:

To maintain positive thoughts at all times.
Practice seeing yourself as strong and you will be strong.
Seek God's guidance and be ready to accept the experiences, ideas, and directions when they come to you.

If your life is extra hard for you, be honest with yourself and find out where the trouble is. Are you making your life hard? There is always a reason when something in your life does or does not go well. This can be traced to what you've already created in your mind prior to when the situation happens.

When faced with a troubling situation, take control of your thoughts—this influences your attitude. Don't ever let your mind control you. Choose healthy, spiritual, and positive thought patterns that will supply you with unshakable strength.

So create happy thoughts and your problems will be tiny ones.

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Looking Briefly at Our Attitude

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Once we understand the difference our attitude makes in our lives, we can appreciate the fact that it helps us to make our lives so much more enjoyable and successful.

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The reason our attitude makes so much difference is that it seems to control nearly everything else about us. It helps us get better grades in school, become more generous and courteous to others, and enjoy better health.

People with a positive attitude enjoy life to the fullest. They tend to work better and get along better with others than do their peers who lack such attitudes. They seem to expect good things to happen to them and usually they get what they expect because they become the kind of people who earn their good fortune.

The right sort of attitude seems to give us a unique control over our future. It helps us take a casual, more easygoing, calm, more serene attitude toward things and situations that put others in a nervous sweat. We can concentrate completely and take our work seriously and do it surprisingly well without, at the same time, becoming a fanatic about it.

A person with a bleak, failure-oriented attitude cannot change to a winning attitude in a single day. But with conscious practice, it is astonishing how every aspect of our lives can be changed for the better. Controlling our attitude is the first step in maximizing our potential.

Maintaining a positive or negative attitude? The choice and the consequences are yours.

Remember: When you maximize your potential, everyone wins. When you don't, we all lose.

Etienne A. Gibbs, MSW, Management Consultant and Trainer, conducts seminars, lectures, and writes articles on his theme: "*... helping you maximize your potential.*" Reach him at

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