

Attitude: Dealing with Yours, Mine, Theirs

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."

~Khalil Gibran

What is "Attitude?" And, as importantly, why does it matter?

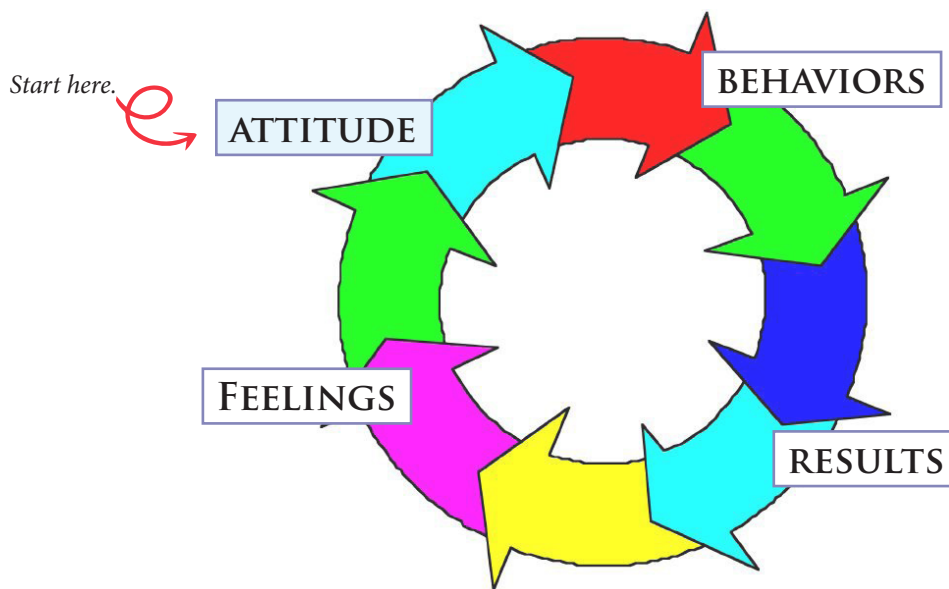
Attitude is the "complex interaction between feelings and beliefs that determine how we view the world - and therefore how we will react to it."

How we react to our environment is observed by others, who of course have their own attitudes and respond in kind. In effect, attitude is a self-fulfilling prophesy; if I have a poor attitude, I will receive poor

treatment, further reinforcing my attitude. If I am upbeat, the same will happen.

Therefore, if you wish to lead a happier life and accomplish more, it really does all start with attitude.

That is why attitude matters.



HOW TO...

Improve Your Attitude:

- Acceptance
- Is it helping you?
- Change your viewpoint

Deal With Others' Attitudes:

- Determine if it's really them
- Realize it's not about you
- Pour more love into it

Notes:

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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