

Attitude is Everything

By Paul J. Meyer

Is Your Life A Runaway Train?

Does it seem like something or someone else is in charge of your life?

If you think so, you might be right!

Early in my insurance career I recruited some incredibly gifted and talented people, but as I used to say, “He looks good in uniform, but he can’t bat.”

The problem with so many people today is that they have either been programmed with or have developed a negative mental attitude. In fact, what you have become and where you are in your present life can all be traced back to a first cause: the choices you made as a result of your dominating thoughts and attitude.

So if your life feels like a runaway train, there is a very good reason. The thoughts that have gone on inside your mind have finally materialized on the outside, forming the particulars of the life you are now experiencing.

Simply put, if you have a negative mental attitude you cannot produce a satisfying life!

Most people are busy trying to either change their circumstances or other people to make their life more comfortable and rewarding. But the problem is within. You may attain a college degree; surround yourself with influential friends; or enjoy a famous family name. But if your mind is filled with negative thoughts and a flawed attitude those attainments or advantages will not produce the success and happiness you seek.

It might help to think of your mind as the software in a computer. If your software or mind is full of doubt, fear, and “can’t do,” then no matter how hard you try, you’re only going to produce a product or a life that replicates those negative beliefs.

In other words, if I closely observe your life, I have an incredibly accurate picture of what you have been thinking!

I’m sure we’ve all heard stories about people who grew up in less than desirable situations; some may even have been abused or abandoned. And yet they found a way to overcome, to put themselves in the record book in many instances. What did they do? They put themselves through a complete attitude overhaul! They changed the data in their software, developed an ‘I-will-not-be-denied’ attitude and as a result, they produced a different life.

When I was a young man, I grew up around the fruit orchards of what is now called the Silicon Valley in California. Though I picked fruit, I purposed in my heart I would not do that forever. My attitude pulled me toward another type of life. I simply refused to be dispirited, discouraged, or destroyed.

As a result, over time, the outside part of my life lined up with the inside!

It’s up to you to take the steps to change your thoughts, your attitude. You don’t have to be controlled by the words that may have been spoken over you as a child, or by the words you continue to speak over yourself.

You can start today by listening to the thoughts that swirl in your mind and eventually come out of your mouth. When you speak out doubt, fear, and negativity, you reap a life that reflects just that. What you think about becomes the words you speak, and the words you speak become the actions you take, and the actions you take determine your life!

So as you can see, having the right attitude isn’t just important...

ATTITUDE IS EVERYTHING!

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Paul J. Meyer, best-selling *New York Times* author, multi-millionaire, and founder of the Success Motivation Institute, has utilized the power of attitude. His powerful book, *Attitude Is Everything*, is available at <http://www.pauljmeyer.com> or Amazon.com.

