

The Four Profound Effects of Attitude

By Paul J. Meyer

Are You In A Rut? Do you keep running into the same situations, experiencing the same unsatisfying life patterns over and over again? If so, there's a reason, and it's simpler than you think!

Everything that happens to you in life is not by chance. Whether you're tuned in or not, you're constantly responding to a pre-programmed way of thinking. As you were growing up you picked up certain approaches to evaluating the events of life; and that programming determines how you currently view life and what steps you take or don't take to deal with the opportunities and challenges that come your way.

Over time and as a result of the people and experiences you encountered, your overall thinking pattern or *attitude* settled into one of two categories...either positive or negative.

FOUR profound effects of attitude:

1. Your attitude affects your belief about your potential for success.

The old saying that states, "if you think you can or if you think you can't, you're right" applies here.

If you have a negative attitude you doubt your ability to achieve, while a positive attitude makes you willing and confident to take the steps and actions necessary for success.

2. Your attitude determines how you view a challenge.

If you see every challenge as a stumbling block and a threat, you have a negative attitude. On the other hand, if you view a challenge as a potential stepping stone to your goal, you have a positive mind set or attitude. A negative attitude will cause you to draw back and become defeated, while a positive attitude will allow you to keep moving undaunted, thereby increasing your chances of success.

3. Your attitude determines your confidence.

A negative attitude convinces you that you can't succeed, that you don't have what it takes. Belief in your own potential is virtually non-existent. However, if you have a positive attitude, you can act in a pro-active way on your own behalf; and each time you do that, your self confidence grows.

4. Your attitude affects how you view opportunity.

When you respond to life with a negative attitude you become blind to opportunity. It's not that opportunity is unavailable; it's that you simply don't see it. By contrast, with a positive attitude your "antenna" is always scanning the horizon for opportunity; and since opportunities are always around us, your biggest challenge will be to choose which one to entertain first.

As you can see, if you are suffering from a negative thinking pattern or attitude, your life will continue to deliver disappointing results. You must take steps to change your programming, your attitude and thinking, so you can begin to experience success and satisfaction.

It's entirely possible to change your attitude by deliberately challenging old thought patterns and inserting new ones. The more often and consistently you do this; the sooner a new habit or thought will emerge. Eventually this new attitude will become entrenched and replace the old one that was keeping you stuck.

Listen to the words of Samuel Smiles more than 100 years ago and you will understand how it works:

Sow a thought, reap an action; sow an action, reap a habit. Sow a habit, reap character; sow character, reap a destiny.

My chosen attitude or belief is that I can do anything. I wake up each day without giving mental recognition to the possibility of defeat. This is my attitude and it affects everything I do, say, or think.

Though changing a thought pattern or attitude is not a quick process, it's totally possible, and if your life is in a rut because of a negative attitude, it's absolutely necessary for you to take action.

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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.

