

# When Is A Positive Attitude Not Enough?

**What to do when just staying positive isn't getting the job done.**

By Paul J. Meyer

I've often heard it said, "Life is what you make of it." While that's true, we all know that life can throw some pretty challenging circumstances our way. In fact, let's be honest, a lot of what life brings isn't that great. And even when we are sold out to focus primarily on the good, to have a positive attitude, sometimes that just isn't enough.

Anyone that knows me well will certainly tell you that I'm a total believer in positive expectancy; that your attitude will influence the entire outcome of your life. But there is one more ingredient you must add in order to overcome life's obstacles and to experience ultimate success and joy. That ingredient is gratitude.

## Be grateful even for failure!

Even though I now have 35 very successful businesses, it wasn't always that way. You see I actually started a total of 100 businesses. That means that 65% of those businesses failed! However, I never saw myself as a failure. I began to see those "failures" as only temporary setbacks that taught me something I needed to know.

In every adversity there is a seed of an equivalent or greater benefit if you will just believe it, look for it, and work for it. Every setback caused me to become smarter and tougher mentally, to bring new knowledge and savvy to the next deal.

Bad, negative times can be breeding grounds for success and breakthrough. I've trained myself to believe such good will come of every "failure" that I am actually grateful for those opportunities. You can almost delight in the bad because of the greater good that is on the way!

## Count your blessings

We're all familiar with the old hymn that admonishes us to, "Count your blessings; count them one by one." As it turns out, that's very good advice. When you constantly rehearse your blessings, you are building a powerful sense of gratitude. A positive attitude coupled with a sense of gratitude makes a dynamic duo!

Since it is human nature to forget, do whatever you need to do to remind yourself to stay grateful. One way to train yourself to be mindful of your blessings is to *write them down*. I knew a

young couple that used a notebook to record their blessings each month. When the next month arrived, they reviewed the previous month before starting a new list.

## Sharing my blessings

In order to spur you on to make your own list of blessings, let me share with you the six main areas of my life that I am most grateful for:

- 1. Family:** My parents taught me to live, dream, and be disciplined. They showed me if I could control my heart and mind, I could control my actions and therefore my future. My wife is my lifetime companion who loves me deeply and shares my goals and dreams. My children and grandchildren are a tremendous joy in my life; I am proud of each and every one.
- 2. Friends:** I have been blessed with friends that have been there for me in the joyful times and in the tough times. They have taught me wisdom, generosity, and faithfulness.
- 3. Protection and Favor:** The Lord has provided protection for me in many dangerous situations, some that I would not have lived through had it not been for Him. In addition, I have known incredible favor; doors of opportunity that opened because of my personal relationship with Jesus Christ.
- 4. Hard times and good character:** I've learned to be grateful for the hard times as the pressure has allowed me to grow stronger.
- 5. Answered prayer:** Again and again I have experienced the Lord's provision for myself and others in need.
- 6. Forgiveness, love, and mercy:** Because Jesus died for me and I have accepted Him as my Lord and Savior I am forgiven, loved, and a recipient of his continual mercy.

Combining a positive attitude with a sense of gratitude will strengthen you to meet life's challenges with confidence and perseverance, to view all that life brings as potentially beneficial, to remember that tough times are merely a breeding ground for greater reward!

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**Paul J. Meyer**, best-selling *New York Times* author and founder of the Success Motivation Institute has written two dozen full-length programs plus numerous books on attitude, motivation, goal setting, management, leadership, and time management. In his inspirational and instructive CD, *Harness the Power of Your Attitude* available at [www.pauljmeyer.com](http://www.pauljmeyer.com), Paul shares the principles of positive expectancy and a spirit of gratitude that will propel you toward success in every area of your life.

