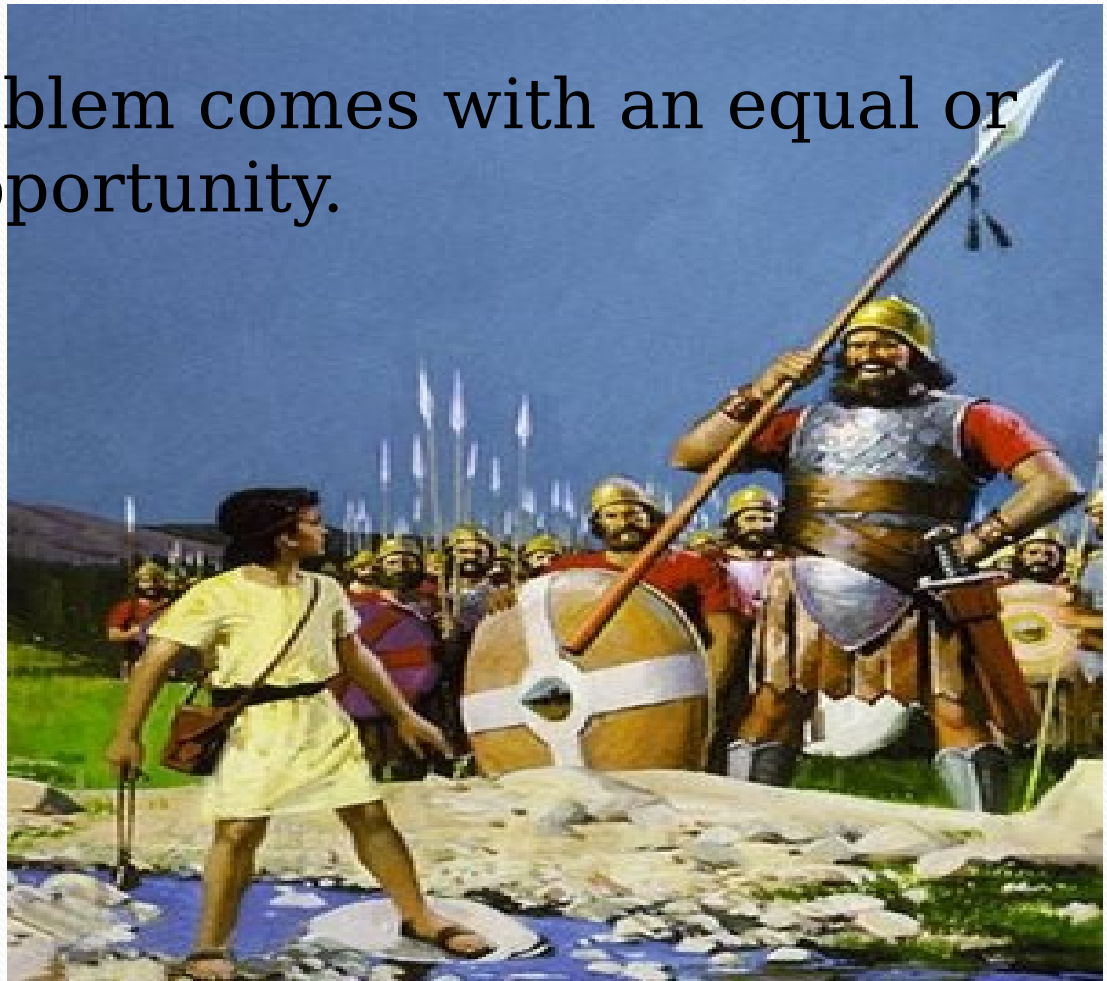
ATTITUDE

Secret of success

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-The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind’’ William James of Harvard University

- People who don’t know how to recognize opportunity, complain of noise when it knocks.
- Our attitude determines how we look at setbacks.
- Every problem comes with an equal or greater opportunity.



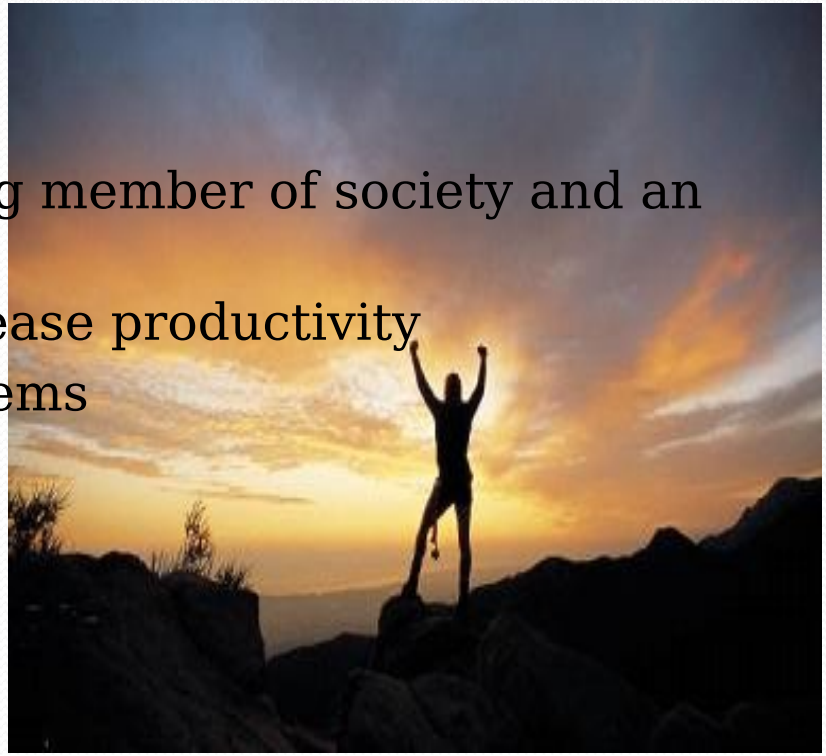
- **Factors determine your attitude**
  - **Environment (home school, work, media, culture, religion, tradition, beliefs, society, poletitics)**
  - **Experience**
  - **Education**

How to recognize people with +ve attitude.?

- Caring, confident, patient, humble, High expectation of themselves & others, anticipate positive outcomes,

Benefits of +ve attitude:

- Makes for a pleasing personality
- Is energizing
- Increases your enjoyment of life
- Inspires others around you
- Helps you become a contributing member of society and an asset to your country.
- Benefits for your business; Increase productivity
- Fosters teamwork; Solves problems
- Improves quality
- Breeds loyalty
- Fosters better relationships
- Reduces stress.





ATTITUDE

Keep Your Face To The Sunshine And
You Cannot See The Shadows.
~ Helen Keller ~

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Results of a negative attitude:

- bitterness
- Resentment
- A purposeless life
- high stress



Action plan

- List 5 problems u have and write down at least one potential positive outcome from each of the problems.

Attitude

Life is 10% what happens to me and 90% how I react to it.



How to build positive attitude?



1. change focus, look for the positive.

Even in paradise fault finders will find fault.

Talk health, happiness, wealth,

Appreciate good qualities

Think only of the best, work only for the best, expect only z best.

Forget the mistakes of the past and press on to the greater achievements of the future.

Spend so much time improving yourself that you have no time left to criticize others.

2. Make a habit of doing it now!

Procrastination leads to a negative attitude.

The habit of procrastination fatigues you more than the effort it takes to do it.

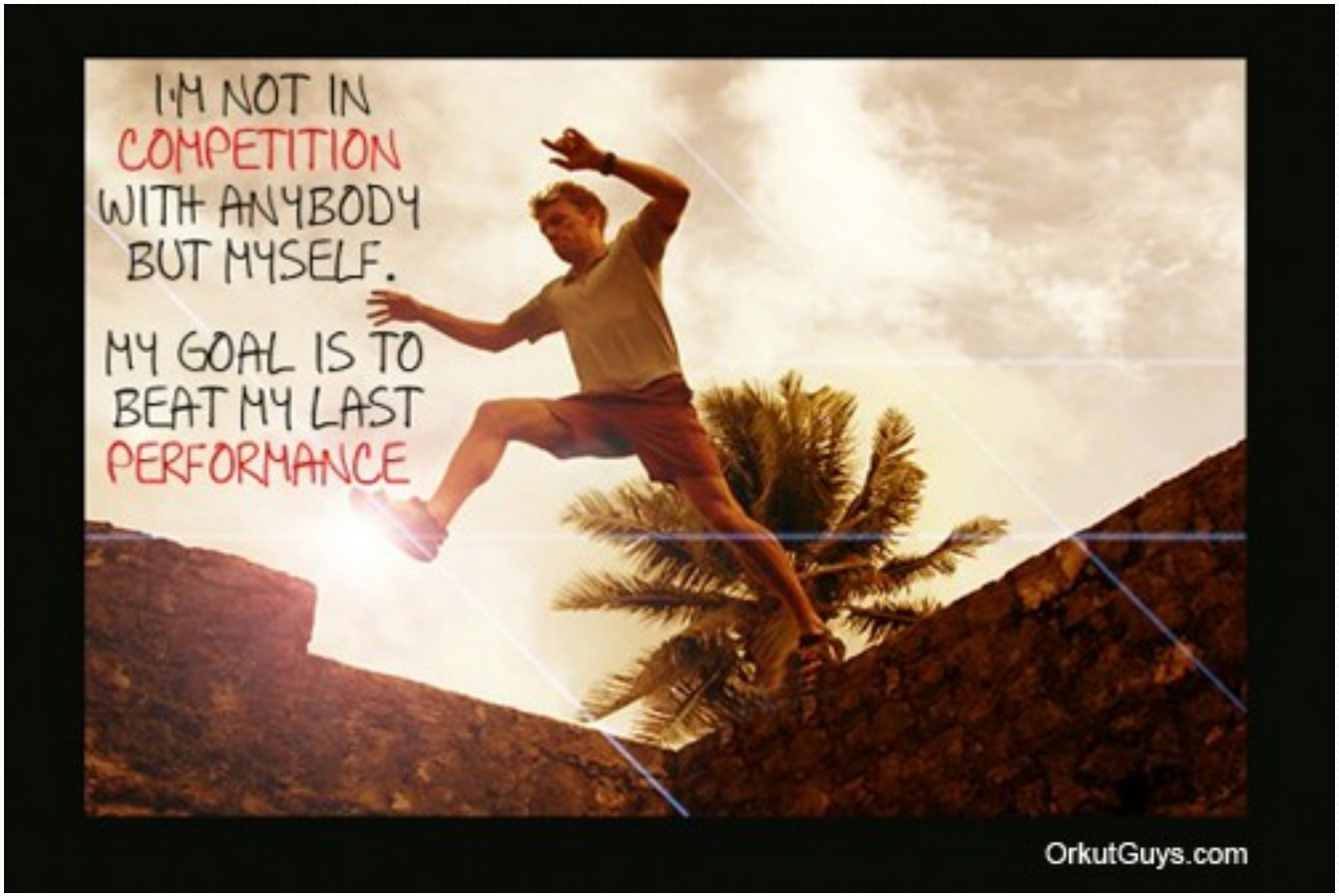


A completed task is energizing and fulfilling.

Un incomplete task drains energy.

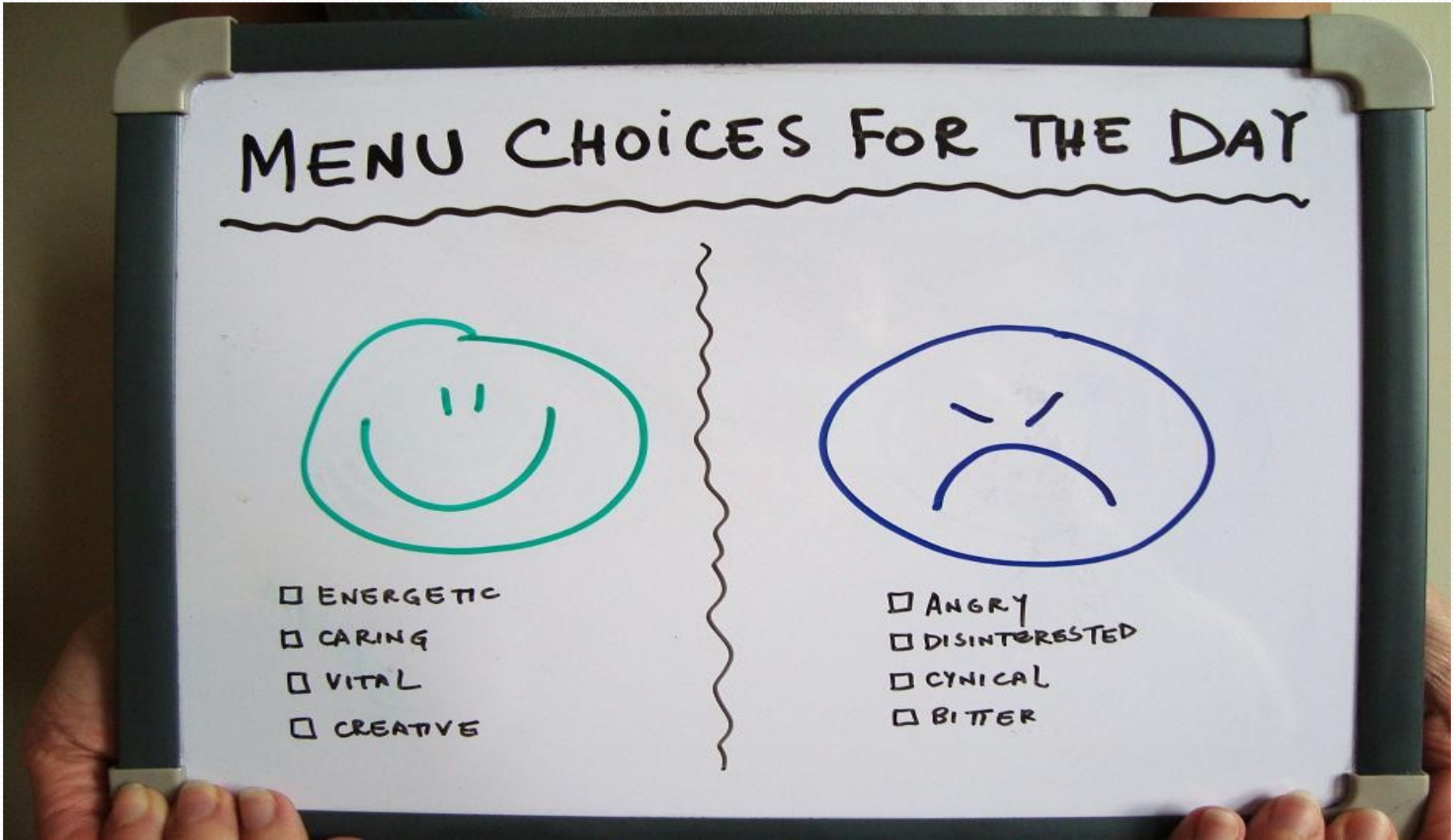
Paralysis by analysis.

Never leave till tomorrow, which you can do today (Benjamin Franklin.)



3. Develop an attitude of gratitude

- Count your blessings not your troubles.
- Write 50 positive ideas daily.



4. Get in to a continuous education program.

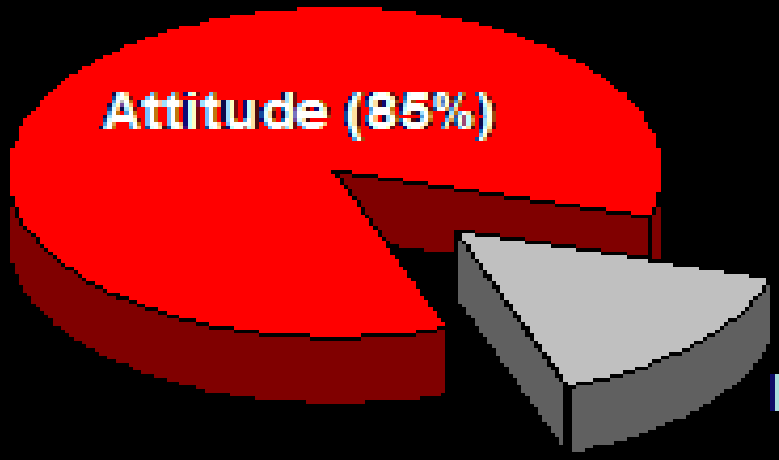
- Intellectual education influences the head
- Values based education influences the heart.
- Education is:
  - Cultivating your strength.
  - Learning self discipline.
  - Listening
  - Eagerness to learn.

- Sharpen your axe

The Power of Attitude

"Just like a great building stands on a strong foundation, so does success. And the foundation of success is attitude."

SUCCESS COMPONENTS



A study by Harvard University found that when a person gets a job, 85% of the time it is because of their attitude, and only 15% of the time because of how smart they are and how many facts and figures they know.

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitude."

- William James of Harvard University

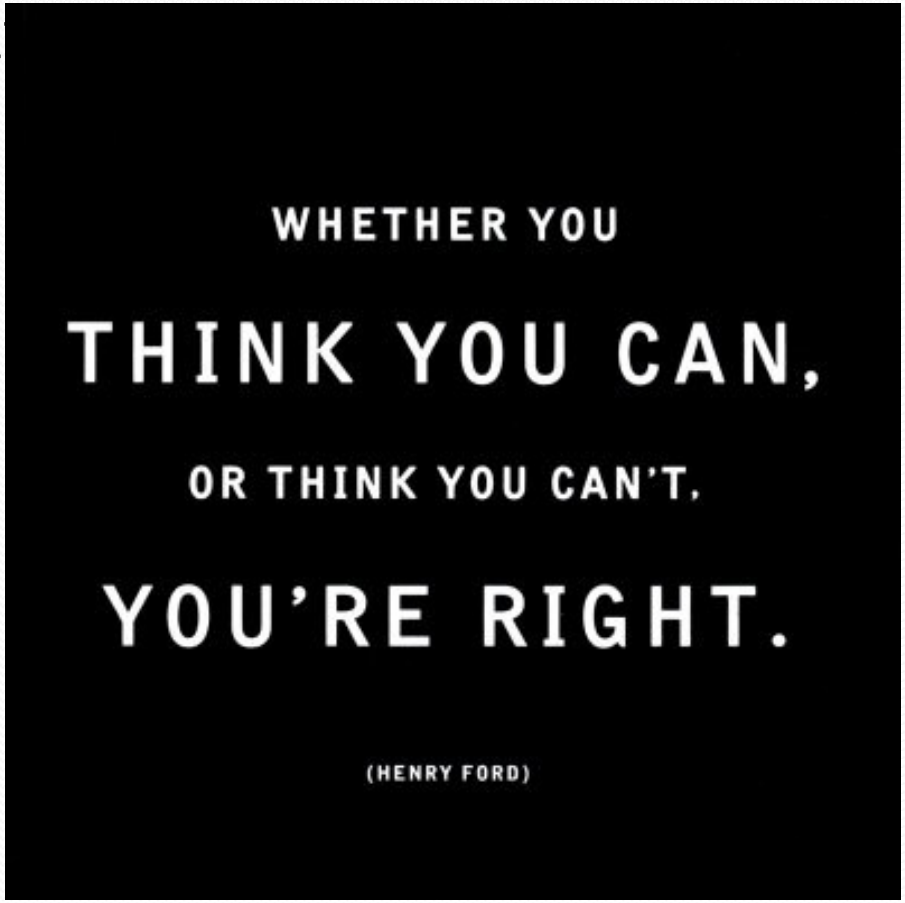
5 Build a positive self esteem

- Self esteem is the way we feel about ourselves.
- How to build ??????????????
  - To build quickly do something for those who cannot rep[illegible]kind.



6. Stay away from negative influences

- Negative media
- Negative movies and m
- Negative habits.

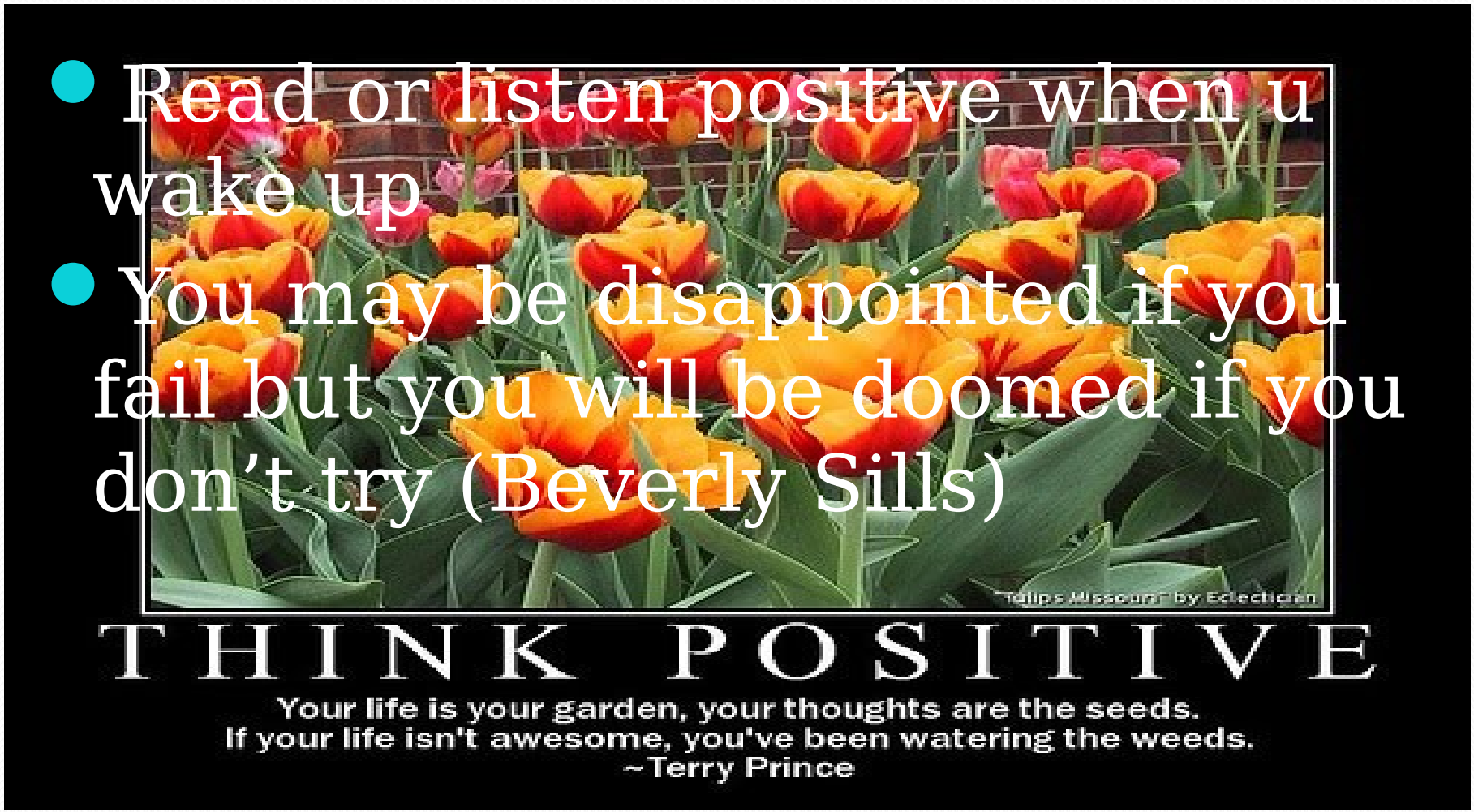


7. Learn to like the things that need to be done

- Start by doing what is necessary, then what is possible and suddenly you are doing the impossible St. Francis of Assisi.

8. Start your day with something positive

- Read or listen positive when u wake up
- You may be disappointed if you fail but you will be doomed if you don’t try (Beverly Sills)



Thank you