

THE ATTITUDE ADJUSTER

So, what is Attitude?

So then why are we talking about attitude? Attitude is the optical lens of your mind to the outside world. It magnifies your mood, your emotions, your feelings, your beliefs, and your thoughts. Your attitude is picked up by receptors all around, especially people. We give off certain attitudes unconsciously because we are normally in a state of reacting to other circumstances. That circumstance is usually the result of someone else's attitude through one form or another.

We react and our attitude shows.

Now, since it's possible when we're reacting that our attitudes become victim to other circumstances caused by other attitudes isn't it possible that the attitudes of other's are reacting to your attitude as well? Most definitely, and the attitude you see in other's towards you, is usually a reaction of the attitude you dispense. Now think about that really carefully.... *The attitude you see in others towards you, is usually a reaction of the attitude you dispense.*

Seems like an endless cycle doesn't it? It's just an endless cycle of reacting thoughts and attitudes. So how on earth do we stop this train!?!?

Quite simple; we stop reacting, and we learn to take charge of our thoughts and emotions, and become pro-active. How do we become pro-active? Well, by paying attention to what we feed our mind. If you want a positive attitude, you need to feed your mind with positive things. Especially, if there are negative situations all around you. You can learn to separate yourself from those dark clouds, and focus on feeding and nourishing your mind with the kind of things that you want your world to be filled with. What you feed your mind with, is what you will feed your world through your attitude, and what you feed your world with, is the exact same response that your world will give you.

It never fails!

Again, if you want a positive attitude, you need to feed your mind with positive things, and if you truly want to have positive successes, then you better feed yourself with a positive attitude. Because what you think about, is what you will put out, and what you will put out, is what you will get back. So make it good!

Before you do anything else, make sure your attitude is in check.

William James, Founder of Psychology in America said, "*Human Beings can alter their lives, by altering their attitude of mind*".

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Holocaust survivor and author Victor Frankl said, *“The last of human freedoms – is the ability to choose one’s attitude in any given set of circumstances.”* He also said, *“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”*

Earl Nightingale, author of *The Strangest Secret* said, *“We become what we think about”*

Let’s Set the Stage with our Attitudes before get going.

Part 1 of Attitude

There are 2 main balance beams in our life. We have the Inner Balance and our Outer Balance. Our Inner Balance consists of our Spirit, Mind, and Body. The Outer Balance consists of everything outside of our selves. This includes Family, Community, Finances, and Career. Before we can serve the outer world, we must be able to serve our inner world. When we have nourished our inner world, then we’ll be in a position to bless the outer world much more abundantly.

Inner Balance

Spirit (God, Faith)
Mind (Personal Development)
Body (Health)

Outer Balance

Family
Community
Financials
Career

In every area of our lives, we can find something that we are slightly discontented with, and that’s okay! That’s healthy. It means we have a plateau in which we can grow from. That discontent will now become our spring board.

To the left side of each item, I want to write everything that you are thankful for, then in the middle I want you to write what you will no longer tolerate about you in this area, (just one thing is fine) and finally on the right side I would like to write down what you will deposit or do for yourself in this area over the course of the next month. **“BE SPECIFIC”**... Then finally go down and X-out all the items that you will no longer tolerate about yourself because from this point forward they no longer exist!

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Spirit (God, Soul)

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

Mind (Personal Development)

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

Body (Health)

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

Those 3 inner traits will set the stage for the attitude you will dispense. Be sure to go back and reflect on this every morning before you start your day.

Part 2 of Attitude

After 30 days, go back and write down the same process for the areas below. Remember to BE SPECIFIC! We wait on these, because we want to make sure that we are habitually creating a sound inner balance and serve that well, before we tap into direct focus with the other areas. What you will find is that before the 30 days are up, the nourishment you have fed your spirit, mind, and body will unconsciously feed into your other areas and start spiraling upward, taking all those areas with it. Because you took the time to nourish your spirit, mind, and body and serve those well, you will find yourself naturally serving your

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family, community, finances, and career very well. By the time you get to your 30 day mark it's very easy to say what you no longer tolerate in all areas, and what you will begin to freely deposit. And always, always.... Remember to be Thankful for the things you're blessed with.

Family

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

Community

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

Financials

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

Career

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

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Part 3 of Attitude

Finally, there is one more balance beam I forgot to mention. This is your Center Balance. It is your management and operations system, and without this, your whole train will fall off the tracks. You need to have checks and balances in place to keep on track with your goals, and daily tasks. And you do this by planning ahead, and prioritizing your goals. So go ahead and write something down for now to get you started. What are you thankful for, what you will no longer tolerate about your daily management, and what will you now deposit into it.

Center Balance – Operations, Daily Management

I am Thankful For...	I will no longer tolerate	I will intentionally deposit...

If you have successfully reminded yourself what you are thankful about, and have told yourself what you will no longer accept, what you will no longer tolerate, and have now embraced what you are now going to do over the course of the next month while you are building, and discovering many wonderful things, then...

Congratulations!

Having the right attitude is everything! You're now excited, you have the right attitude, and now nothing can stop you in the accomplishment of your goals. Dream big my friend, for you will sail many seas and process many applications in your many seasons of this wonderful journey we call LIFE!

See the world with New Eyes!

