

Reflections

By Jason Green, Executive Director

“I’m convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you – we are in charge of our attitudes.” Quote from Charles Swindoll, Author of Strengthening Your Grip.

A positive attitude is one of the most important things that a person can mentally maintain. It’s not just what is happening today or in the future that matters (though that is important), the past also plays a role in who and what we are today as it affects us more than we often wish to admit or give stock in. Attitude is hard to measure but easily recognized. Simply put, attitude can be seen in action. How one works, one’s enthusiasm for life in general, how a person treats others, one’s talk and tone, mannerism and body language, etc. A good question to ask yourself is by whose standard do you measure one’s attitude? I know Whom I measure mine by and it so falls short of the standard!

Often a poor attitude is due to someone not dealing with conditions or a situation properly (please note, this is not the other person we are talking about), looking for the positive or just “getting over it” compared to feeling sorry for one’s self. I know, I may be over simplifying it. But really, it’s easy to note others’ faults. What about our own?

Can you agree with Sir Winston Churchill? “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

How do you and I, our sons, daughters, spouses, co-workers and friends deal with adversity? This is often where “tude” comes from or originates in our mind from. Some uncontrollable event or circumstance that created adversity in our life (often it involves another person). At what point did our thinking change? Were we so bound up with looking at our self that we revealed our self-centered thinking in our thoughts and actions and how we live? Was our enthusiasm extinguished due to this adversity and we let it get the best of us?

Some are able to maintain a marvelous perspective and outlook on life. Take this example: lost his mother at 9; lost his sister at 19; faced the death of a lover at 26; failed in business at 27; lost a son at 41;

lost a US Senate race at 46; failed in a vice Presidential bid at 47; lost a US Senate race at 49; Was elected President of the US at 51; lost a second son at 53; was murdered at 56. Abraham Lincoln suffered or better, overcame many life shattering events and yet maintained an unconquerable spirit and positive attitude.

So, read a little and it fixes everything. No, this is not the answer but it may help. I will leave you with Positive Attitude: Antidote to Failure from the book Skills for Life.

Patience – it takes time to be a success.

Passion – if you are committed to your goal, no setback will slow you down.

Positive People – if you surround yourself with them, they will feed your enthusiasm.

Preparation – learn everything you can by reading, taking courses, finding a mentor.

Potential – within every “failure” is the potential for future success.

We wish you a great and memorable holiday season. Best wishes