

WORKPLACE WISDOM NEWSLETTER

Attitude Makes a Difference!

**Attitude is a tremendously defining characteristic.
Your attitude tells people everyday who you are.**

**You're tough to be around, *wearing thin* on colleagues and family
OR**

You're delightful to be around, *engaging* those around you.

In my workshops, I laughingly tell participants that the old **"Popeye Cartoon"** image just doesn't work anymore. Remember when Popeye used to stand at the bow of his little boat, beat his chest like Tarzan, and say to the whole world, "I'm Popeye. I y'am. I y'am. I'm Popeye. I am who I am!" Remember?

What Popeye meant was that I am who I am. Take it or leave it. I don't need to adjust. I don't need to change. I don't need to make other people feel good. I'm just who I am. Take me or leave me. **PERIOD!!!**

Well, poor Popeye. He got in lots of fights. And so do we when we have that **"Popeye Attitude"**.

YOU ARE IN CHARGE OF YOU. YOUR LIFE IS YOUR CHOICE!

How you view the world is your choice.

Your ATTITUDE is your choice.

HERE ARE "13 TIPS TO IMPROVE YOUR ATTITUDE":

1. Stop blaming others. Take some responsibility.
2. Understand you have a choice. If you don't like where you are, CHOOSE to move.
3. Recognize that your thinking directs your path. So, think positively.
4. Invest time wisely. Spend an hour a day in anything. You'll be expert in 5 years.
5. Study the thoughts, writings, and lives of positive people.
6. Continue to learn. You're never too old for courses, workshops, seminars.
7. Examine your language. Your words are a reflection of your heart and your mind.
8. Go out of your way to tell people what you like about them.
9. Lose the mood. If you're moody, you're a pain in the _____.
10. Drop your cynicism. You achieve nothing by being cynical.
11. Understand that winning **AND** losing are part of life. Celebrate your wins.
12. Do something for someone who can't possibly pay you back.
13. Count your blessings everyday. Make this list as long as possible!

What a list!

You would be a wonderful person if you practiced all these.

However, if we just practice them - a little at a time - as we move through the weeks ahead, we **will all** develop a better attitude. It is the **"doing"** that makes us better. Practice these "13 Attitude Tips" to reinforce this significant personal attribute.

You see, I believe that ATTITUDE is coachable and learnable.

It is interesting to see that "ATTITUDE" is now appearing on Employer Competency Lists. Yes! We're being **measured by our attitude** because employers know that **attitude makes a difference in performance!**

I recommend taking one of these **13 Attitude Tips** each week and focus on that one tip all week. Print the list. Place it in a viewable spot. Remind yourself of this week's tip. Look for opportunities to practice it. At the end of the week, reflect and evaluate yourself on the use of it.

So, you have 13 weeks of ideas to help you develop a better attitude.

Reminder: We are never too old, too young, too "retired", or too stuck in our ways to work on our attitude.

Popeye is an amusing cartoon, but he's not a good role model!

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