

WORKPLACE WISDOM NEWSLETTER

Addiction to an Attitude!

I don't see THIS CRISIS the same way YOU do!

YOU are crazy! What, on earth, is the matter with YOU?

What can YOU be thinking???

What causes each of us to see the same event though different eyes?

Well, it's because we often have an ADDICTION.

Normally, ADDICTION is a negative word,
but it simply means
"to devote (or give) oneself habitually to something"

Some people are addicted to a Positive Attitude.

I AM ONE OF THEM.

I WANT TO TALK ABOUT IT!

Work Story:

Two workmen were laboring with rock and cement. An on-looker asked, "What are you doing?"

The first man's response: "I'm just laying rock!"

The second man's response: "I'm building a cathedral!"

ATTITUDE was the key.

Family Story:

A man who fathered two sons wound up spending his life behind bars without having much interaction with either of his boys. Years passed. One son graduated from college and became a successful father and businessman. The other son followed in his father's footsteps and became a criminal. A reporter asked each adult son: "To what do you attribute the difference in your life paths?"

The 1st son said: "What else could I have become with the father that I had?"

The 2nd son said: "What else could I have become with the father that I had?"

ATTITUDE was the key.

War Stories:

1. Col. Chesty Puller, U.S. Marine in the Korean War, found himself and his troops surrounded by the enemy. He said, ***"We've been looking for the enemy"***

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for some time now. We've finally found him. We're surrounded! That simplifies the problem! We can attack in any direction."

2. General Oliver P. Smith, U.S. Marine, when forced to pull his troops back gave the following famous statement, ***"Retreat, hell! We're attacking in the opposite direction!"***

ATTITUDE was the key.

Quotes:

Psychiatrist, Paul Meyer: ***"90% of those who fail are not actually defeated - they quit."***

Zig Ziglar: ***"Your attitude determines your altitude."***

ATTITUDE is the key

Study:

A commonly referenced study on what the average person worries about cites this:

40% of what people worry about will never happen

30% of what people worry about have already happened (can't do anything about it)

12% of what people worry about is what people may say about them (can't do anything about)

10% of your worries deal with your health (and worrying only makes that worse)

8% of your worries are real problems (and worrying won't help..."doing" will)

ATTITUDE is the key.

Mayo's Clinic Findings:

After an extensive study, over many years, Mayo's Clinic released these findings: "Over a lifetime, a moderately optimistic person can live as much as 7 years longer than a moderately pessimistic person." Yikes!

ATTITUDE is the key.

I know we are in recessionary times.

Our economy is not healthy.

We've all experienced loss or know someone who has.

It's hard to have a positive attitude, ESPECIALLY NOT NOW!

However, Sue, it's ESPECIALLY IMPORTANT NOW!

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**Let me give you three simple, quick tips!
They work for me -- and for many others.**

1. Look up!

You don't operate totally in your OWN strength. You may be a Marine, you may be tough, you may not cry when you're hurt, you may not show your emotions....but you DON'T operate in this world alone. So look up! Find the One who strengthens and guides you, especially in times of trouble. Ask for help - and be humble when you do!

2. Look out!

Look out - around you. What do you have? Family? Healthy family? A home? 4-5 bedrooms? Food in the pantry? A television? Books? Sunshine? Friend(s)? Pets? Music? COME ON!!! LOOK AROUND YOU!!! Things in our world may not be "GOOD" right now; but, for many of us, they are not "**BAD**" either.

3. Look down!

Find others who really need your strength, your money, your time. Look! Look! Barbara Streisand's famous old song had these heartfelt words, "People...people who need people are the most beautiful people in the world." Find ways you can help. Roll up your sleeves, get sweaty, hold someone's hand, listen to them, cry with them, comfort them, give to them. Your attitude will change within an hour!

**My friend, be careful of your addictions.
BUT...**

I highly recommend ONE ADDICTION:

A POSITIVE ATTITUDE

**Go ahead, try it...
"then give yourself habitually to it"!**

I've coached numerous executives.

**MANY TIMES, it was an individual's own attitude
that got in the way of their success!**

Let's learn to GET OUT OF OUR OWN WAY!

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