

Does Your Attitude Need Adjusting?

You can change
it in minutes.

by Amanda Gore



What is attitude? The dictionary defines it as posture of the body; subtle behavior or position, showing opinion. The thesaurus uses these words: *stance, pattern, frame of mind*. So that clarifies it, doesn't it?

It seems to me that attitude refers to the way we perceive things in life. It's the filter through which we sift all information; the lens through which we look at the world; the way we color or tint what we see, hear and consequently feel. And it's a choice—we can choose the lens we want.

Our posture reflects how we feel. We stand upright and ready to face the world when we feel "up" or positive; or slouch with our eyes looking down when we're negative or depressed. We are not sure if mood follows posture or posture follows mood. So until we're sure, if you feel down, try to stand tall and look up, and I bet it improves your mood.



Listen to your thoughts and replace them with more appropriate ones.

See the Best

People who have a good attitude take responsibility for themselves and for what happens to them and are usually fun to be around. They can turn situations around and see the positive side; they view mistakes as learning; they choose to avoid people who drive them down; they're optimistic and see the best in others.

People with poor attitudes blame others for their circumstances and infect those around them with stress or

depression. They'll turn the best situation into a negative one and see mistakes as massive failures and as proof that they're failures. They worry when they have nothing to worry about. They hang around with other negative people, and if you're feeling good they'll try to point out why you shouldn't be. They expect the worst—and usually get it. Avoid them at all costs.

Make Time to Review

What if we set aside a period of time each day to review our current attitude, the way we view the world, and change it if we need to?

I wonder if it might be a good exercise to have a few attitude adjustment moments during the day. Perhaps on the way to work or when driving anywhere, become conscious of what you're thinking about work and your day. Do you have a positive or negative attitude? Are you feeling enthusiastic or bored? And what sort of attitude or way of thinking do you choose instead?

On reflection, it's pretty easy to change your attitude to the weather. I lived in a unit with no garden; I used to hate rain. I would curse it and become irritable. After I bought a house and garden, I'd wake up to find it was raining and think, "Hooray! I don't have to water today." So we can change our attitude very quickly—if we want to.

Spend a few minutes at lunchtime listening to yourself and the quality of your thoughts. How is your attitude?

Although some people might feel we have no control over what we think, we do! The first step is to become aware of what we're saying to ourselves at any time. When we wish to change the text in a computer document we can delete and retype or just type over. Similarly, in our minds we can type over the thoughts we would like to replace with preferred language.

Then there's your attitude to yourself. Do you like yourself? What about your body image? Do you need an attitude adjustment on your self-image?

Why not try an attitude adjustment hour once a week, and then have attitude-adjustment minutes throughout every day. Stop and listen to your thoughts and replace them with more appropriate ones, and then look for the difference in your life. **E**



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