

Attitude is Everything

Attitude is defined as "a mental position with regard to a state or fact." In short, attitude is our reactions to situations faced in life. Attitudes about life are usually fairly consistent in a person, and can be a judge of overall happiness.

People who act with positive attitudes are more successful in interactions with others. Positive attitudes are beneficial to a person's health, prosperity, and relationships. The importance of a positive attitude is twofold: it improves a person's well being, and it improves other's reactions and attitudes to that person.

Keeping a positive attitude has been shown to help a person's mental health as well as physical. Studies have actually shown that people with cheerful dispositions are less likely to be sick or injured. Besides this, a positive attitude essentially is good mental health.

So how does one keep a positive attitude? The answer to this is different for everyone. Two techniques have helped me. The first technique I use is "pruning". Occasionally, I get rid of the activities or "branches" of my life that are no longer fruitful or are draining on me. This pruning leaves more time and energy for keeping good health. The second technique is affirmations. Everyday day I tell myself how wonderful I am. This reminds me that my life is good, and that I have things to be happy about. Quite simply, affirmations for me are reminders to stay positive.

These techniques may or may not work for you, but I suggest trying them, because they have helped me stay successful and happy. The most important thing I can tell you is not to fake happiness. Do not try to hide anger or sadness, because it usually does not work, and it causes unhealthy repression. Instead, locate the source of the negativity, and find the good in it. Negative situations are learning experiences, so they do have good in them. Be happy!!

Joe Kaluza

Attitude IS everything! Being positive and smiling never hurt anyone, and it shows in whatever you do. Being an optimist is always better than being a pessimist. Walk into a room of adults slouched over, frowning and bitter and they will treat you like a child. Walk in with your head up, smiling and making eye contact, they will see you differently, all because of your attitude and body language. You have to show yourself off, and create positive attention for what you believe in.

Melanie Coulas

ATTITUDE. This word means a lot to me. I have a torn and folded piece of paper in my wallet with the title "ATTITUDE" on it. I received it my sophomore year of high school from my band director at the beginning of our marching season. It contains a quote from Charles Swindoll and the last few sentences are "I am convinced that life is 10% what happens to me and 90% how I react to it. And, so it is with you. You are in charge of your attitude." I carry this paper with me everywhere I go to remind me that life is only as bad as I let it be.

Attitude to me means remembering that you always have two ways of looking at things. You can see the negative in the situation, or you can see the positive. If I affirm when I wake up in the morning that I am going to have a good day, then no matter what happens, I WILL have a good day. A cheerful outlook goes a long way to making for a great day. No matter what happens to you, don't let it get you down. Let it roll right off your back. Look at it, accept it for what it is, and let it go. Don't harbor ill will. Just SMILE! It makes a huge difference, and when push comes to shove, it is how you perceive what has happened that matters.

There is a man at my old school who has one of the jobs I would want the least. Yet, he loves it, and I have never seen a happier man. He whistles as he walks, smiles at everyone he meets, and has a genuinely positive attitude about life. His perception about his job is different than mine, and it is that positive outlook that allows him to be happy with where he is.

You always have a choice in life. Remember that; nothing can affect you unless you let it. I try to remember that God is always with me and that every experience I go through makes me stronger, helps me grow, and teaches me a valuable lesson. When I greet every new experience with a smile and a

J-9j: Attitude is Everything

positive outlook, I find that all things are possible, and even bad situations have a silver lining. I am happy, eager to learn and live, and I get more out of life. Attitude is everything. So, smile, affirm the good, and be ready to embrace the best that life can give.

Elizabeth Linsley

Attitude, as I've learned, really is everything. If you act politely and have a good attitude, you can go everywhere. For example, you can be the smartest person in the world, but if your rude, NOBODY is going to hire you. Have a good attitude, and you can, again, go everywhere.

Lilly Field

Your attitude is everything in your mission to Increase Peace. No-one likes to think that a peaceful person is a pessimist, A optimist is definitely someone I'd be more likely to listen to. A peacemakers attitude toward everything they do reflects on how peaceful they are themselves. Relax, Don't worry, be happy, And it'll be a lot easier to be peaceful, and to brighten someone's day!!! :)

Melissa Brooks

Attitude is your outlook. You have a choice, every minute, to experience whatever you want to. This doesn't mean that by having a good outlook, you have to deprive yourself of sadness. It is important to still experience you emotions. How you choose to deal with a situation is your attitude.

A man and his wife had just returned from a trip. Exhausted, they decided to put off unloading the car until the next morning. He parked the car in the driveway and they both went to bed. The next morning, the wife went outside to start unpacking the car and it was gone. She wondered if her husband had moved it. When she asked him he told her that it was in the driveway. They both went out and he saw it was gone. Immediately, they phoned the police.

By that afternoon, the police still hadn't found it and the woman was getting more upset as she remembered everything that was in it. Many of their clothes, her jewelry, books, souvenirs, their wedding album, along with much more had been in the trunk. Her husband looked at her and said, "Honey, our car is gone and we can be upset or our car is gone and we can be happy. Either way our car is gone."

The next day their car was found, with nothing inside and over \$5,000 damage. The next week the husband went to go get the car from the shop. As he was returning home, he got in a fender bender. No one was hurt but there was more damage to their car. After he got into the house, he had to tell his wife what happened. She looked at him and said, "Honey, our car is damaged and we can be upset or our car is damaged and we can be happy. Either way, our car is damaged."

What will your attitude be?

Stephanie Bullen

I think one of the biggest problems in this world is that many people have a bad attitude. Instead of complaining about everything that might be bad in your life, try to look at what you have good and that might fix some of the problems. I firmly believe that many people who are unhappy in this world about whatever problem they might have could be happier if they looked at and handled the situation a little differently.

Aileen Kilgore

Attitude... Everyone has it. Some show it more than others. It can be very good. It helps us do our best. I think that those who show a positive attitude are the ones that will achieve the most and do a lot of good for society without even knowing that they are...

Gretchen Elder

These excerpts, written by high school students, found on Peace Quest.