

# Public habit



**ASSIGN  
BUSTER**

Win-win thinking simply describes the belief that everyone can win. This line of thinking allows you to care for others as well as yourself. Thinking win-win is like an all you can eat buffet; there is more than enough for everybody. To fully understand what it means to think win-win, we must understand what it is not. Win-Lose (aka-The Totem Pole) is the attitude that there's only a certain amount of something, and if you get big piece, there is less for me, so therefore I'm going to get my piece first.

Lose- Win (aka-The Doormat) is the attitude that sets low expectations and compromises standards repeatedly, such as if I lose, you win. Lose-Lose (aka-The Downward Spiral) is the attitude that, " If I go down, you're going down with me. " Unlike these, the Win- Win cares about others and wants them to succeed, as well as caring about themselves. So you might be asking yourself, " How can I think Win-win? " First, you must succeed in obtaining private victories, where the benefit is internal.

Without Hess, it's hard for a person to enjoy other's successes, or share recognition and praise, because of their insecurities. As a person makes deposits into their ABA (Personal Bank Account), takes responsibility for their own life, and creates a plan, their confidence and security will boost, thus allowing them to enjoy the company of others instead of feeling threatened by them. The " tumor twins", competing and comparing, are the two habits that, like tumors, slowly eat you away.

Competition and impairing turns dark when your self-worth is tied to winning or being better than others. These, when not appropriate, can harm you.

Lose-Win and Win-Lose will cloud you with negative thoughts. Not only does

developing a Win-Win attitude infuse your heart with warm thoughts, but It also gives you confidence. Get a big piece, there is less for me, so therefore I'm going to get my piece first. Lose- comparing turns dark when your self-worth is tied to winning or being better than infuse your heart with warm thoughts, but it also gives you confidence.