

Attitudes



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Attitude is everything! The character of a person is made by the attitude he carries. A person with a positive attitude is always a winner. Positive attitude comes from positive self esteem. Negative attitude is the result of low self esteem which leads to many setbacks in life. A person's attitude is what he is. The feelings, thoughts and the emotions one carries define his attitude. The entire character of the person is made by his attitude. The attitude is not an inherent quality it is developed by certain experiences in child hood. Parents, teachers, coaches and sometimes friends help in the development of attitude. If a child is brought up in a positive environment with lot of unconditional love and support from his family and others around him, he will grow up as an individual with positive self esteem where as if the child is brought up in an atmosphere completely opposite to as defined above, will develop as a low self esteemed individual. Self esteem is related to the type of attitude one possess. A person with a positive self esteem will have positive attitude towards life. Type of thoughts that one carries is what one becomes, " I am convinced that life is 10% what happens to me and 90% of how I react to it and so it is with you... we are in charge of our Attitudes."(Charles N Swindoll). People with the positive attitude take every opportunity to their stride. They do have setbacks but their outlook and approach towards problem is optimistic, they face problems as challenges. Chhatwal 2 A research on attitude has revealed that people with optimistic approach tend to live longer life as compared to the pessimists. These people have healthy mind in turn a healthy body. They tend to fall less sick where as people with pessimistic approach fall ill easily and suffer with the problem of depression and mental illness in the later stages. " The longer I

live, the more I realize the impact of attitude on life.”(Charles N Swindoll). People with negative attitude face problem of adjustments. They are unable to utilize their potential as they do not realize that their setbacks are because of their attitudes instead they blame situations and circumstances for everything. Some situations are no doubt inevitable but it depends on how one responds to it. An individual is a mixture of reactions, response feelings he carries with him. It is possible to make situation worse or best with the type of reaction he adopts. It is the ideas or the thoughts that worsens or strengthens the situation. The attitude changes everything, “ when my attitudes are right, there is no barrier too high, no valley too deep, no dream too extreme, and no challenge too great for me.” (Charles N Swindoll). Transformation in attitude can be brought by adopting these ways. Being happy is the one way to improve self esteem. Personal happiness maximizes when one starts appreciating himself. One can increase his performance in his field by accepting challenging tasks and by setting goals . When one gets fully involved in the task he undertakes he gets a Flow . This full involvement or Flow helps in bringing a new sense of inner satisfaction and happiness which in turn boosts one’s self esteem and helps in changing his attitude. Chhatwal 3 Work Cited Charles R Swindoll. Quotes. Web. 9Feb. 2011