



Attitude

By Bob Proctor

Victor Frankl once wrote, “*Everything can be taken from a person but one thing: the last of human freedoms - to choose one’s attitudes in any given set of circumstances, to choose one’s own way.*” Frankl was right. Attitude is a choice. You could be faced with a thousand problems, many or most over which you have absolutely no control. However, there is always one thing you are in complete and absolute control of and that is your own attitude.

When you surrender control of your attitude to what appears to be a negative situation, you will react to that situation. More often than not, reacting is inappropriate. On the other hand, if you were to remain objective, you would respond to the situation appropriately, thereby creating a winning situation.

If attitude is such an important word, why do so few people understand it? To be honest, it wasn’t until I was in my late 20s when I finally understood its full impact. All through my teens and into my early adult life, I can’t tell you the number of times that I heard, “Bob, if you’d just change your attitude, you would do a lot better.” In retrospect I can easily see the cause of my problem. I didn’t know what attitude was, let alone know how to change it!

Attitude is the composite of your thoughts, feelings and actions. Your conscious mind controls feeling and ultimately dictates whether your feelings will be positive or negative by your choice of thoughts, then your body displays those choices through action and behavior.

Attitude is actually a creative cycle that begins with your choice of thoughts. You do *choose* your thoughts and that choice is where your attitude originates. As you internalize ideas or become emotionally involved with your thoughts, you create the second stage in forming an attitude; you move your entire being - **mind** and **body** - into a new “vibration.” Your conscious awareness of this vibration is referred to as “feeling”.

Your feelings are then expressed in actions or behaviors that produce the various results in your life.

Positive results are always the effect of a positive attitude. Attitude and results are inseparable. They follow one another like night follows day. What I mean by that is: one is the cause, the other, the result. There is a term we use to distinguish this “cause and effect” relationship, it is called The Law of Cause and Effect. Simply stated, if you think in negative terms, you will get negative results; if you think in positive terms you will achieve positive results. Ralph Waldo Emerson reiterated that same point when he said, “A person is what they think about all day long.” The results you achieve in life are nothing more than an expression of your *thoughts, feelings, and actions*. Take a close look at your life and evaluate the results you are achieving in various areas. See if you are able to relate your attitude to your results.

Winning and losing are opposite sides of the same coin – and that coin is attitude. There are many things wrong in this world; unfortunately that is all some people are able to see. Those who view the world in this light are often unhappy and somewhat cynical. Usually, their life is one of lack and limitation and it almost appears as if they move from one bad experience to another. I know people who are like this and I’m certain you do as well. It would appear as if they were born with a streak of bad luck and it has followed them around their whole life. These individuals are quick to blame circumstances or other people for their problems, rather than accepting responsibility for their life and their attitude.

Conversely, there are others who are forever winning and living the good life. They are the real movers and shakers who make things happen. They seem to go from one major accomplishment to another. They’re in control of their life; they know where they are going and know they will get there. They are the real winners in life and their wins are a matter of choice.

You can experience that kind of life as well, you only need to decide. Making that simple decision is the first step to a new life. Dorothea Brand once said, “Act as if it were impossible to fail,” and I challenge you to do so. By simply becoming aware that you can choose your thoughts each and every day, you will change your entire outlook. You have the power to choose an abundant life no matter your circumstances. That active choice

will allow other positive people and opportunities to be attracted into your life. Don't wait to experience all the wonderful things the universe has in store for you. Start today by working on you attitude and welcome the abundant life that you were meant to lead.

Bob Proctor is widely regarded as one of the living masters and teachers of The Law of Attraction. Featured in the blockbuster hit, The Secret, Proctor has worked in the area of mind potential for over 40 years, is the best-selling author of You Were Born Rich, and has transformed the lives of millions through his books, seminars, courses and personal coaching.

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