



Creating a Winning Attitude

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Your attitude can make or break you. It's virtually indisputable that your attitude determines how far you'll go in life and a positive mental outlook can help you achieve optimal success.

Having a positive mental attitude helps you cope with challenges. When you're put to the test, you're more likely to find your inner strengths to overcome adversity, and that strength just might be your winning attitude. Whether or not you have the tools, skills, knowledge, or resources, your attitude can get you through tough times and come out on top.

On the other hand, an attitude filled with negative overtones makes everything much harder. You can't win when you go into the contest prepared to lose! If you expect to do well, your attitude will create positive, winning thoughts that help you succeed.

Cause and Effect

It's important to realize that for every effect in our lives, there's a specific cause. Through positive thoughts, we can control these causes and change effects or outcomes.

- ***In order to change your future for the better, you must first alter your thoughts in the present.***

For every positive seed you plant, your thoughts will grow and reward you with a positive harvest. Negative seeds have the opposite effect. They'll grow, but result in a spoiled and fruitless crop. ***You can't plant negative seeds in your mind and expect positive results.*** It just doesn't work that way.

A vivid and defining difference between people who are successful and those who aren't is the way they think. ***Successful people visualize their goals and take action to make them happen.***

Unsuccessful people dwell on the negative, spend their time and energy complaining, and worry about things that are unimportant. This negativity wastes time and energy that could be harnessed toward achieving your goals.

Practice Makes Perfect

If you hone your positive thinking skills and develop the mental attitudes of a winner, you'll be able to overcome challenges without giving up. No matter how discouraging things may get or how intently others may try to dissuade you, with your winning attitude, you will be unstoppable!

A positive outlook enables you to focus on your goals with a tunnel vision that eliminates negative distractions and keeps you on a chartered course to success.

- ***Train your mind to focus on the good.*** Develop a positive mantra or affirmation to help you overlook the negative and realize the power of optimism.

Train Your Mind

We often worry about our physical fitness, but do we think much about the fitness of our minds? Just as we train our bodies for peak performance, we must also train our minds by coaching ourselves to think winning thoughts.

An effective way to train your mind is to look at challenges as opportunities instead of obstacles. ***A problem is only a problem if you allow it to be one.*** With each challenge comes an opportunity to learn and improve. So if you search for solutions, you'll find them.

When you internalize this mindset, you're sure to develop a winning attitude for a lifetime and reap the rewards of true success and happiness.