

# Attitude

Our attitude determines our altitude.

As you may recall, there are five principal factors that influence our well-being. They are

1. Exercise
2. Rest
3. Nutrition
4. Grooming and spinal alignment
5. Attitude.

Today is our opportunity to consider the last of these, but not the least of these, Attitude.

## Eliminate Worry:

What is worry? Leah Kraft Kristain, in her book, "30 Days to Happiness" explains that worry is a negative prayer. Our unconscious is listening to every word we say. When it hears sweets, it thinks that you want sweets. When it hears rain, it thinks that you want rain. When it hears that you are afraid of running out of gas, or having a break down, it does its best to give you a break down, without gas. And when it hears heart attack, it thinks that you want a heart attack. So guess what?

## Remove Stinking Thinking:

Nit picking is a bother. I don't think that anyone else likes nitpickers. Sometimes we need to do a little nitpicking. When we hear ourselves making internal dialogue that does not sound nice, or complementary, it needs to be nipped in the bud. Most often it is not us speaking anyway. Rather, it is a well-meaning adult that once upon a time decided that we needed to shape up.

## The Remedy:

What helps is using language that we would use with a sweetheart. Often it helps to practice with a real sweetheart. In any case, the language like, "Crap, I forgot to take out the garbage again." does not sound like the key to someone's heart. Instead, the rescue goes something like, "Goodness, I just remembered that I had better go back and set out the garbage. Oh well, it is too late. I want to make a note of that when I stop so that next time I will get it done." Being on better terms with yourself helps you to be on better terms with everyone, and anyone else. Better for the planet actually.

### **We Manifest What we Believe:**

Our attitude shapes our lives. If we believe that the cup is half empty, then we will always be set with the sense of loss, or lack. On the other hand, if we see the cup half full, we are filled with appreciation, or gratefulness about how much we have. Nowadays, the lack of the word we are looking for can be disappointing. We can get pretty frustrated, embarrassed, and often ashamed at our loss of available words, language, expression, and reduced speed or skill in communicating. These feelings leave us with less capability.

### **Take control of your feelings:**

Deciding that your skills are amazing, deciding that your retention of facts, impressions, and experience is indeed vast, stretching over decades, and decades, almost a century in fact, can hearten you to the extent that you see your cup not only as half full, but more than. Your ability to recognize your remaining strengths empowers you. Ask yourself what kind of stories you tell yourself. Ask yourself if they are true. If they are true, can you change? If they are not true, what is the truth?

We can change thoughts any time, once we become aware of what we have been thinking. That is one of the survival strengths of human beings, our ability to change what we are doing, thinking. Start seeing the road to your positive life.

### **"I Am"**

The two most powerful words are, "I am". These two words precede anything that you may say about yourself. What you say after these words is what your unconscious mind will listen to, and try to live up to. This is where a negative prayer is treacherous, and destructive. Self-criticism does not belong after "I am". Self praise does belong after, "I am."

I am interested in stars. I am concerned about the community I live in. I am good at playing cards. I am an avid bird watcher. I am a chorister. I am Latvian. Just think of the opportunities that exist. The difficulties of life are only examples of opportunities to approach life in so many ways. What a chance. And I am still here, able to make a difference. What can I do today?

**Carpe Diem!**

**Seize the Day!**

**Grab the Opportunity!**

**Izbaudi!**