

# Your Attitude

By  
John F. O'Malley

Your attitude is your “Mood for Life” barometer.  
Your attitude is a mirror of your beliefs, biases, and thoughts.  
Your attitude influences your actions and encounters with others.  
Your attitude reflects your feelings and temperament toward others.  
Your attitude dictates your life course and the way you live your life.  
Your attitude determines your level of happiness and sadness.  
Your attitude is contagious and infects others.  
Your attitude can inspire greatness in others.  
Your attitude can breed defeatism in others.  
Your attitude can enable you and others to accomplish the hereunto impossible.  
Your attitude is the self-prophecy of your future.  
Your attitude is the most important asset you own.  
Your attitude makes or breaks your day, no others.  
Your attitude; take charge of it.  
Your attitude, guard it well from degradation and abuse.  
Your attitude, keep it healthy and never let a person or event change it for worse.  
Your attitude, you have a choice.  
Your attitude, it is up to you and no one else.

## **Note:**

Attitude is subjective. Others perceive your attitude as an aura comprising your body language, facial expressions, tone-of-voice, words spoken, attire, grooming, and your general outlook on life itself.

Our attitude determines how we will react toward people, events, and changes in our lives. We can change neither the past nor the inevitable fact that things will not always go our way. However, we can change our attitude to encourage and bring out the best in ourselves, in others, and in challenging situations. A strong healthy attitude is the foundation for success at home, at work, and at play. You have a choice regarding your attitude, so embrace positive thoughts and deeds, shunning the ugly things in life, and choose your friends wisely.