

# Your Attitude

By

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**Your attitude is your “Mood for Life” barometer. Your attitude is a mirror of your beliefs, biases and thoughts. Your attitude influences your every action and encounters with others. Your attitude reflects your feelings and temperament toward yourself and others. Your attitude also dictates your way of life, your happiness and sadness. Your attitude is contagious. Your attitude can inspire greatness in others. Your attitude can also breed defeatism in others. Your attitude can enable you and others to accomplish the impossible. Your attitude is the self-prophecy of your future. Your attitude is the most important asset you own. Your attitude, guard it well and let no one or event change it for worse. Your attitude; you have a choice. Your attitude; take charge of it. Your attitude; it’s up to you and no one else.**

**Note:**

Attitude is subjective. Your attitude is perceived by others as an aura comprising your body language, facial expressions, tones of voice, spoken words, dress, 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 the best in ourselves, in others and in situations. A strong positive attitude is the foundation for success at home and at work. You have a choice regarding your attitude, so embrace positive thoughts and deeds, shunning the ugly things in life.