

## *Redefining Your Attitude – Principle 2*

Just consider for a moment how you think about your life.

Do you embrace every challenge in your life?

Or do you curse any challenge that appears in your life?

***How you answer these questions will determine what impact your ATTITUDE has on your life.***

If you answered yes to the first question then you are in the right space for further personal development. We will explore this in a little more depth later.

If you answered yes to the second question then you may have to take stock of your thoughts and feelings. Try and monitor why you feel the way you do and what type of thoughts are going through your mind.

Try to value each challenge as a learning experience because without it, you can't possibly move ahead to the next valuable lesson and so on.

Think back to when you were a child and you were crawling and attempting to walk. Or think back to your own children at this age. What a huge challenge to face – to start standing on feet that have only touched the ground when supported and to start walking on legs that have never before held their weight except when supported. They try and usually don't succeed the first time. And if they had thought it was all too hard and stopped trying, we would have a world full of adults who never learnt to walk. What a thought!!!

I wonder if these children cursed this challenge?? I'm sure they welcomed it and persisted until they achieved their goal. They may have been sporting a few bruises along the way but the goal was worth all the effort. Now they go and look for another challenge and another and another.

Take the previous paragraph and look at this question and ask yourself –

When did these children lose their enthusiasm for challenges??

***Or should the question be –***

When did these children feel abandoned by support and encouragement??

So if you were to think in these terms, you can understand how some people feel frustrated and curse the challenges they face in life. Unless you could regain the love, support and encouragement to achieve what might seem impossible.

Yes, it can be done!! You only need to contact that part of yourself that achieved your last goal. Go on.....think. It feels really good, right?  
FANTASTIC actually.

OK, now hold onto that feeling, remember how it feels, remember how YOU feel. YOU did it! No one else did it. YOU did it.

Is the confidence returning now? Feel that confidence!

What are you thinking now? WOW, wasn't that something, I feel GREAT!

**Believe it. Feel it. Hold onto it and move forward with confidence.**