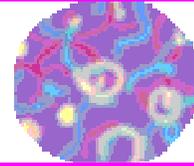


OPTIONS CENTER HEALTH TOPIC



Four Steps to a Super Attitude

Brian Tracy

Time Management Success Newsletter

It is not what happens to you that counts. It is how you react to what happens to you, especially when you have unexpected problems of any kind. In this message, you learn powerful strategies you can use to keep yourself thinking and acting positively and creatively. Here are four things you can do to assure that your attitude is the very best it can be, under all circumstances.

Focus on the Future

First, whatever challenges you face, focus on the future rather than on the past. Instead of worrying about who did what and who is to blame, focus on where you want to be and what you want to do. Get a clear mental image of your ideal successful future and then take whatever action you can to begin moving in that direction. Get your mind, your thoughts, and your mental images on the future.

Focus on the Solution

Second, whenever you're faced with a difficulty, focus on the solution rather than on the problem. Think and talk about the ideal solution to the obstacle or setback rather than wasting time rehashing and reflecting on the problem. Solutions are inherently positive whereas problems are inherently negative. The instant that you begin thinking in terms of solutions you become a positive and constructive human being.

Look for the Good

Third, assume that something good is hidden within each difficulty or challenge. Dr. Norman Vincent Peale, a major proponent of positive thinking, once said, "Whenever God wants to give us a gift, he wraps it up in a problem." The bigger the gift you have coming, the bigger the problem you will receive. But the wonderful thing is that if you look for the gift, you will always find it.

Look for the Valuable Lesson

Fourth, assume that whatever situation you are facing at the moment is exactly the right situation you need to ultimately be successful. This situation has been sent to you to help you learn something, to help you become better, to help you expand and grow.

Do What Successful People Do

A Positive Mental Attitude is indispensable to your success. You can be as positive as you want to be if you will simply think about the future, focus on the solution, and look for the good. If you do what other successful people do, if you use your mind to exert mental control over the situation, you will be positive and cheerful most of the time. And you will reap the benefits enjoyed by all successful people.

Action Exercises

First, become solution-oriented with every difficulty you face. Make a habit of looking for the answers to your questions, the solutions to your problems.

Second, seek the valuable lesson in every adversity. Make a list of every idea or insight you gain from every setback or difficulty.

Third, think on paper. Take some time to write out every detail of the problem, and then take the most logical next step to solve it.

-Brian Tracy.

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<http://www.briantracy.com/Newsletter/>

OPTIONS ALSO OFFERS YOU

- ✓ Intelligent responsibility for your personal health and well-being belongs to you. If you are ready to take that responsibility, Helen can assist you with your physical, emotional, and attitude goals through Mind-Brain and Emotional Patterns explained on Options' website in the Glossary and in Helen's book, Section 3.
- ✓ Through individualized counseling and body work therapy, energy blocks are removed and unconscious restrictive habits are reprogrammed.
- ✓ Once energy is flowing freely, unhindered by "frozen" emotions and memories, your natural healing and maintenance processes can operate fully.
- ✓ The objectives are to reduce stress, give you a more positive attitude, and integrate the three dimensions of the brain... right/left for communication, top/bottom for organization, and front/back for comprehension.