

The Importance of Attitude

There is one important skill that can be challenging to master – the ability to creating a healthy, productive attitude. Interestingly, the word “attitude” is derived from the Latin word meaning “fitness”. Perhaps you know attitude by some of its other synonyms – state of mind, disposition, viewpoint, perspective or belief.

Attitude is one of the most important factors in living the life you want, realizing your dreams and unleashing the limitless potential that is within you. Your life experience is literally determined by your attitude. The most powerful tool you can have is the ability to change your attitude in any given situation. It is possible!

Our thoughts create our attitude, our attitude creates our actions, and our actions create our life experience. If it’s so simple, why don’t more people possess this skill of creating a healthy and productive attitude? One reason is change. You have to be open and willing to experience change. This process starts with a willingness to re-examine your beliefs. A belief is not an actual, solid “thing” - it’s a feeling of certainty, usually based on our interpretations of pleasurable or painful experiences in our past. Unfortunately, we often misinterpret these events and begin to think of them as solid, immovable and irrefutable. They’re not!

Now think about how attitude impacts your daily life and the choices you make – particularly the decisions about how to take care of yourself – what you eat, how you move and to what extent your state of mind affects your emotions.

Action Step: Performing an “attitude check” can be helpful in creating awareness. The next time you start feeling negative, pause. Ask yourself what’s really bothering me? What would happen if I took exactly the opposite attitude and replaced any negativity with a success-oriented attitude? Would my desired outcome have a greater chance to be realized? Though it may initially feel as if you are “faking it,” people who have been asked in experimental groups to pretend they had positive attitudes actually developed better feelings about themselves. So “project it until you perfect it”. This week, perform an “attitude check” whenever you start feeling negative. Replace this automatic attitude with a success attitude and begin to act “as if.” If you’re not getting the results you want in life, ask yourself, “What would I have to believe, in order to succeed here?”

Remember, nothing in life has any meaning except the meaning we give it. Choose those attitudes that empower you, and transport you to your greatest potential. As the song says, “Put some latitude in your attitude”.

We can help you reach your goals with Creating Wellness! Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that, if improved, will allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

Portions of this week's wellness tip were provided by Claire Carter of the Creating Wellness team.

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