

# Attitude for Success

## WHAT IS AN ATTITUDE?

An attitude is defined as a state of mind about a person, thing, or situation. Your thoughts and feelings about this person, thing, or situation make up your attitude. Attitudes, feelings, and thoughts are displayed to others by your facial expressions, body language, voice, and actions. Other words for attitude include: viewpoint and opinion.



## WHY ARE ATTITUDES CALLED POSITIVE OR NEGATIVE?

In math, positive means a number more than zero. **Attitudes are said to be positive** because they are valuable, thoughts of worth, that add to the good in people, things, and situations. People enjoy being around positive thinkers. In math, negative means a number below zero. **Attitudes are said to be negative** (below zero or worthless) because negative thoughts focus on the bad and subtract from the good in people, things, and situations.

## HOW CAN YOUR ATTITUDE HELP OR HURT YOU?

Negative thoughts **HARM the person:** a) Physically raises the stress on the body such as blood pressure and heart beat speed; b) Mentally causes worry that that blocks creativity and successful problem solving skills; and c) Socially damages friendships because people are offended by negative attitudes towards them or others. Positive thoughts **HELP the person:** a) Physically allows the body to operate at a healthy pace for peak performance; b) Mentally creates happy thoughts that allows the brain to produce creativity and successful ideas; and c) Socially draws friends, raises, and job promotions to the positive thinker. Positive attitudes create experiences that are good — friendships, love, better health, new jobs, promotions, raises, success, and happiness. Negative attitudes create experiences that are bad — fear, rejection, enemies, poorer health, termination (fired from jobs), failure, and unhappiness.



## HOW CAN YOU CREATE A POSITIVE OR NEGATIVE ATTITUDE?

You create a positive attitude by starting each day with the good thoughts in your mind: It's going to be a good day. I'm going to get that project done. I will learn something. I will say something that will help someone else have a good day. I will enjoy life today. If you wake up with positive thoughts, a positive attitude will show in: a) Your facial (smiles). b) Your posture (way you sit, stand, and walk). c) Your voice (pleasing to hear).

You create a negative attitude by starting the day with worry thoughts: Another lousy day. I'm going to put off that project until tomorrow. I don't want to learn that software the boss wants us to learn. I wish I could tell Joe what I really think of him. Life is a terrible. If you wake up with these thoughts, a negative attitude will show in your facial expressions (frowns), your posture (slouched and defiant), and your voice (harsh and angry).

## WHY ARE POSITIVE ATTITUDES IMPORTANT TO EMPLOYERS?

**You are part of the team** that produces work so that the company earns money. **You come in contact with customers** who buy the product or service so that the company earns money. It is as simple as this: Your positive attitude will earn money for the employer; and your negative attitude will lose money.

## WHAT ATTITUDES DO EMPLOYERS CONSIDER POSITIVE OR NEGATIVE?

### Positive Attitudes

Creates humor in a situation in a way that does not offend anyone or anything; healthy humor.

Willing to learn a new job

Friendly to everyone

Says kind, positive words to others

Happy with the job duties

Tries to do the best job possible

Learns on the job without being told

Shows up for work on time

Uses the power of a smile

Enjoys working with others

Says "please" and "thank you"

Does not let negative people create unhappiness

Makes the best of unexpected situations

Works as a team, sharing and helping



### Negative Attitudes

Think he/she knows it all

Does the job fast just to get it done

Learns only when necessary

Slips in late and leaves early

Wants to boss others without permission

Does not trust coworkers

Does not care what others think

Jealous of others job duties

Will not share and/or is dishonest

Talks bad about the job, company, coworkers, and/or employer in person or on FaceBook and Twitter

Uses sarcasm (use of words that mean the opposite of what the person really wants to say to irritate, insult, or try to be funny); then say, "Just kidding."

*Nothing can stop the person with the right mental attitude from achieving a goal; nothing on earth can help the person with the wrong mental attitude.*

—W. W. Zieger

*Attitudes are contagious. Is yours worth catching?*

—Dennis Mannering

*Attitude is a little thing that makes a big difference.*

—Winston Churchill

*Wherever you go, no matter the weather, always bring your own sunshine.*

—Anthony D'Angelo

### QUICK CHECK:

- a) Define attitude. b) What 2 things make up your attitude?
- In what 4 ways are attitudes displayed to others?
- Why are attitudes said to be:
  - positive?
  - negative?
- a) List 3 ways that negative thoughts harm the person. b) List 3 ways that positive thoughts improve the person.
- Write down one thought that will help create a:
  - positive attitude.
  - negative attitude.
- Explain the difference between a positive and negative attitude in:
  - Your facial expressions.
  - Your posture.
  - Your voice.
- a) List 2 reasons why positive attitudes are important to employers. b) It's as simple as what?
- List 5 examples of positive attitudes.
- List 5 examples of negative attitudes.
- a) Do you think that employers have a right to judge an applicant's attitude when hiring? b) Give a reason for your answer.
- a) Do you think that employers have a right to judge a worker's attitude:
  - To give raises and promotions?
  - To fire workers?
  - Give a reason for your answers.
- According to Zieger, what can help the person with the wrong mental attitude?
- D'Angelo: What should you always bring?