



Improve your attitude and you can determine your own

success. Behavior reflects thought patterns. Learn to control your mind and you can set your actions on the course you desire. This chapter includes a few ways to improve your attitude in order to accomplish your goals.

## Be Thankful

Here are just a few ideas on how to develop a thankful mindset:

- **Create A Gratitude Journal:** Sit down and write out some things you can be thankful for, including the most obvious ones. Include both big blessings and little joys. This simple exercise forces you to reflect on your day, your month, or even your entire life. You might discover some things that you always took for granted! You can keep a regular “gratitude journal” to track blessings in life and refer to these good things when times seem dark.
- **Speak Your Appreciation:** Don’t let a busy schedule keep you from expressing gratitude to others. Even if you only have time for a quick “thank you”, it can have a lasting impact. A cheery, thankful attitude is contagious. You never know how much a simple phrase can improve someone’s day. For friends and coworkers, write a note or leave a voicemail telling them how awesome they are and how much you appreciate their support. Be sure to include why their actions mean so much to you and don’t wait for a “special occasion”. Everyone loves a pleasant surprise!
- **Change Your Perspective:** When you’re facing a difficulty or challenge, stop and ask yourself, “what good can come of this situation?” If you focus on what you can learn from struggles instead of sinking into negative feelings, you will turn those experiences into valuable lessons for life.
- **Choose Thankful Language:** Your words have power and they will affect your attitude. Decide to express gratitude in the face of your stress and it will, in turn, drive your thoughts to a more thankful place.
- **Give Thanks:** I often enjoy giving thanks to God for the good things that are happening in my life. I know God is not a magic genie who can be tricked into giving me more because I said thanks for previous gifts. I give thanks simply because I’m grateful for the blessings I’ve already received. My appreciation grows once I’ve given thanks.

Being thankful is the easiest way to improve your attitude. Start today!

## Be Motivated And Passionate

Successful people stand out in a crowd because they are passionate about what they do. The momentum of your own drive can often create a “ripple effect”, sometimes for generations. However, others may ridicule you as a “dreamer” because they don’t understand your vision. Don’t let that discourage you! You might be creating something in a new space that no one understands yet. Remember that not everyone was meant to be you, or chase your dreams. Passion is infectious, especially when coupled with results. Keep working to pursue your goals, and others will soon follow.

## Be Bold

Successful entrepreneurs are typically bold and charismatic. They are unafraid to sail out into uncharted waters looking for the treasures of success. In fact, the word “entrepreneur” itself means “a person who organizes and operates a business or businesses, taking on greater than normal financial risks in order to do so.” As author Ralph Waldo Emerson once said,

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

While you don’t have to be the center of attention everywhere you go, have faith in your abilities and the importance of your mission. Write down *why* you are pursuing your goals so you can remind yourself often. Confidence in your purpose will help you stick with it and inspire others along the way.

Remember that you may be going places and creating things that no one else has before. Don’t wait for permission to blaze a new trail! You should weigh the risks and rewards, but never allow the fear of unknown territory prevent you from accomplishing great things.

## Be Flexible And Willing To Adapt

Adaptability is like a super-power. It can take an entrepreneur from “zero to hero” status. Roll with the punches and pivot to new strategies when necessary. People will desert you. Circumstances will change. Some plans will fail. That’s the reality! New people may join your cause along the way! Plan ahead to accommodate downturns. Ready yourself to shift your focus when necessary. Genius mathematician, Albert Einstein, used flexibility to define mental capacity:

“The measure of intelligence is the ability to change.”

Another way to enhance your adaptability is to define your purpose. Establish that “center of gravity”

so you can keep the proper perspective in the midst of fluctuating circumstances. Nail down the most important thing early on. A lot of what you fuss over isn't actually making an impact on your future. Learn to drop the fluff without losing what is essential. Your flexibility in the face of adversity can be the difference between permanent failure or lasting success.

## **Believe In Yourself**

Trusting in your own talents and abilities is vital to success. Without the confidence to push forward through failure after failure, Thomas Edison would never have invented a light bulb that actually worked. His response to all of the failed experiments?

“I have not failed. I've just found 10,000 ways that won't work.”

Take stock of your assets so you can make better plans. Never blame others for your own failures or setbacks, but take responsibility for your own improvement. “Look in the mirror” so to speak, and evaluate your strengths and weaknesses. Find people or systems to shore up your weak spots, and double down on your talents. Always remember that you are the only one who has that unique combination of skills and abilities. Be the best version of yourself!

## **A Positive Mental Attitude Is Contagious**

Improve your attitude and your lifestyle will follow. Remember that you're not the only one to benefit from this positive change! Whether positive or negative, attitudes are contagious. Your friends, coworkers, and family will all see the difference as your attitude improves. They will receive a boost to their own as well. By changing your own outlook, you will start a positive “ripple effect” on those around you. You never know how far your improved attitude will go!

Source: [Improve Your Attitude](#)