

MTD Quick Tips

Attitude

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Attitude

I'm in a philosophical mood this time!

You know, on almost every course I run, or consultancy I carry out, someone at some time will ask me about attitude.

How can they change their staff's attitude? Or, when pushed, their own?!

Attitude, as they say, is everything. But what exactly is attitude?

Your attitude is your own personal filter for everything that happens to you, around you, or within you. What takes place in your world is not as important as how you view it.

You cannot choose what will happen to you. You cannot guarantee success and happiness for yourself. These things are out of your control. You can, however, choose how you feel about these things, about how you respond to these situations.

So let's think about how you can keep your attitude as positive as possible

1. PUT THINGS IN PERSPECTIVE

When you find yourself getting negative and your mood isn't as good as you know it can be, take a step back and put things into perspective.

Is the stress and frustration really worth it?

When you look at the bigger picture, don't they seem a bit insignificant? They should, because nine times out of ten the daily problems we face are not really that important when we take a look at life as a whole.

2. HAVE SOMETHING TO LOOK FORWARD TO

People love to look forward to things.

Some say that anticipation of something happening is better than when it actually happens. Do you recall as a child waiting for the build up to Christmas? It only lasts one day, but the anticipation and build-up last for weeks.

Keep something in mind to always be looking forward to.

3. HELP OTHERS

There is no better way to forget about your problems than to help someone else with theirs.

When you take the focus off yourself, and give your attention to helping people, your attitude will change dramatically.

Not just workmates but also people you don't know.

You'll be amazed what it does for you.

4. TAKE A BREAK

Your mood will be lightened if you take a break from what is getting you down.

You might not be able to change the situations that are causing you challenges, but you can take a break (minutes, hours or days) that will enable you to refocus.

5. TALK WITH A POSITIVE FRIEND

Talking things out can help you see the good in a bad situation.

Call a friend and tell them about your problem, but concentrate on positive areas, not just moans and groans.

This is a very therapeutic and effective cure to a rough day.

6. LIFE IS SHORT

It's true.

The worst thing would be to look back on your days wishing you could have been happier.

Now is the time to take a good look at your attitude and make the necessary improvements.

It's been said that no-one wishes on their death bed that they had spent more time at the office.

Most people look back and have regrets, not for what they did, but for what they didn't do.

Days, weeks, months, and years have a way of rushing by.

Don't let them pass while you are in a negative mood about life.

A positive attitude is worth the work, effort, and change that it takes to create it. Look back with no regrets, only happy memories.

I love the quote from Penny Freeston: "When tomorrow comes, the day will be gone forever; in its place is something that you have left behind…let it be something good"

7. PEOPLE HAVE DONE MORE WITH LESS

A common cause for a poor attitude is the feeling that you are in a situation that is just too hard to deal with.

Perhaps you don't have the job you want, or you may have a manager who drives you mad. Or it may even be more serious than that.

You may be too young, too old, too tired, too unlucky, too poor,
etc, etc...

Remember, people have done more with less.

Many people from all over the world have overcome obstacles, solved problems, and maintained a positive attitude through the most trying of times.

Don't wait for the world to devote itself to making you happy.

Go out there and make it happen yourself.

The power of a positive attitude is always within your reach.

You simply have to extend your hand and grab it!

Use these tips to develop a great attitude, and to make your life the way you want it.

To your success,

Sean

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About Sean McPheat



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Founder and MD of international management development firm MTD Training, Sean McPheat is widely regarded as a leading authority on modern day management and leadership.

Sean is a bestselling author, and has been recognised for his own business building skills through the **British Business Awards** and has been featured in the **Who's Who Of Britain's Business Elite**.

He has been a regular judge for the UK's Young Enterprise Programme but was not as horrible as Simon Cowell (well almost!)



Sean has been featured on **CNN International, the BBC, SKY, ITV, The Guardian, Forbes, Arena Magazine, Marketing Weekly, Business Zone, Winning Edge** and radio stations such as BBC WM and LBC (London's Big Conversation).

Sean has over **250 media credits** to his name and his weekly email tips go out to over **60,000 people** interested in management and development strategies.

Sean is also a **much sought after media figure and motivational speaker** on all topics related to management, HR, business improvement and entrepreneurialism.