Attitude – by Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes."

R	Take **Responsibility** (for your)
E	Develop **Empathy** (towards others')
A	Learn to **Accept**
P	Be **Patient** with
	the
A	**Attitude**
F	**Feelings**
T	**Thoughts**
E	**Emotions**
R	**Responses**
	towards and from
S	**Self**
O	**Others**
W	**World**

A "Plan for Growth" to stick on your fridge!!

Have a happy and stress-free Christmas.

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7 STEPS TO SELF-SUPPORTING BEHAVIOUR

ACT NOW
Failure to overcome self-defeating behaviours means that you will continue, and perhaps become more entrenched (making change even harder) until your end of days. The result is that you will not have lived a fulfilling life – hopes and dreams will have been dropped and passed over.

FACE IT
Do not avoid this job. Avoidance leads to even more pain. We may think that keeping our feelings to ourselves is one way to avoid facing uncomfortable situations e.g. an argument with our partner. But it will lead to frustration, anger, resentment and hate – i.e. more pain.

CHANGE YOUR SELF
We often say to ourselves *'when they stop doing abc, then I'll start doing xyz'* – guess what it never happens. Work on yourself and not others. You've probably found it hard enough trying to change your own behaviours (drink, food, exercise, aggression, meekness) how can you expect to change another person? The fact is we can't change anyone directly by pushing, only indirectly through being different (we can show them an alternative situation to which they may choose to respond differently).

EMPATHY
Ask yourself – what's it like for "them" when I behave like this? This should be motivation enough to change if "them" are people you care about. Focus on others and stop self-obsessing.

OWN UP
It's not about blaming yourself, but avoid making excuses for yourself to continue as you are:

- *'I'm just being assertive'* – to cover up your abrasiveness
- *'Come on, I'm just being spontaneous'* – when you're actually being impulsive and doing what you want to do – Now!
- *'I'm showing my sensitive side'* – to cover up histrionics!

WAY NOT WILL
Willpower alone will not help you change. It will just make you give up as you fail once or twice and then generalise that *'That proves it - I'll never be able to change'*. Create alternatives – visualise how you want to be – and select a suitable path. If this doesn't work to your satisfaction, then select another path – at least you're changing.

CELEBRATE
Any victories demand celebration and a self pat on the back. Be amazed at how others react to the new you. Plan your treats and take them when deserved. This is motivation to do even more work on your self – what other excuse do you need?

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Self-Defeating Behaviours

“All forms of self-defeating behaviour are unseen and unconscious, which is why their existence is denied”

Vernon Howard

“I've never met a person, I don't care what his condition, in whom I could not see possibilities. I don't care how much a man may consider himself a failure, I believe in him, for he can change the thing that is wrong in his life any time he is ready and prepared to do it. Whenever he develops the desire, he can take away from his life the thing that is defeating it. The capacity for reformation and change lies within.”

Preston Bradley

“Fear is the enemy of logic. There is no more debilitating, crushing, self-defeating, sickening thing in the world--to an individual or to a nation.”

Frank Sinatra

“You'll seldom experience regret for anything that you've done. It is what you haven't done that will torment you. The message, therefore, is clear. Do it! Develop an appreciation for the present moment. Seize every second of your life and savour it. Value your present moments. Using them up in any self-defeating ways means you've lost them forever.”

Wayne Dyer