



“ATTITUDES SPEAK LOUDER THAN WORDS”

Dr. David H. McKinley

“Your attitude toward something makes all the difference in how you see and respond to it!”

“Life is like baseball, it's 95% mental and the other half is physical.” —Yogi Berra

“As a man thinks in his heart, so is he.” Proverbs 23:7

“An attitude is a habit of thought.”

What is an attitude?

It is the advance man of our true selves.
Its roots are inward, but its fruit is outward.
It is our best friend and our worst enemy.
It is more honest and more consistent than our words.
It is a thin line which draws people to us or repels them.
It is never content until it is expressed.
It is the librarian of our past.
It is the speaker of our present.
It is the prophet of our future.

—John Maxwell

“Attitudes speak louder than words.”

ELEVATE THE BENEFITS OF A GOOD ATTITUDE

A good attitude . . .

- makes life better than it is.
- makes people easier to get along with.
- makes my work seem worthwhile.
- makes it easier to laugh.
- makes me a healthier person.
- allows me to accomplish more than I ever dreamed before.

EXAMINE THE FLUX FACTORS IN MY ATTITUDES

• Temperament (Who I am)

“For you formed my inward parts and covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. My frame was not hidden from You, when I was made in secret, and skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed, and in your book they all were written, the days fashioned for me when as yet there were none of them. How precious are your thoughts to me, O God! How great is the sum of them!” Psalm 139:13-17

• Environment (Where I am or what I have come from)

“The last of human freedoms is to choose one's attitude in any given set of circumstances.” —Victor Frankl

• Entertainment (What I see and what I hear)

“Faith comes by hearing and hearing by the word of God.”
Romans 10:17

“What I believe about life determines how I perceive life, which determines what I receive from life.”

• Assessment (How I count)

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” —W.W. Zeige

• Enlightenment (What I learn)

Knowledge, growth and exposure can change attitudes.

• Encouragement (Who cheers me on?)

Attitude is often enhanced or decreased by encouragement.

ESTABLISH A “GAME PLAN” FOR GOOD ATTITUDE DEVELOPMENT

• Identify bad patterns of thought

“Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.”
Philippians 4:8

• Clarify your life mission

“Focus and concentration are stimulants for accomplishment in life.”

• Simplify your concerns to today

“So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.” Matthew 6:34

• Qualify your friends

Assemble a team of encouragers and challengers. “It's hard to soar with eagles when you walk among the turkeys.”

• Magnify your dreams

Don't make excuses for wanting life to be better; make better choices. Think outside the box and believe there is more beyond the borders.