

Reducing Conflict 9 Improve Your Attitude

by Bob Whipple, MBA, CPTD



Brian Tracy once said, “You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.”

Zig Zigler, the famous philosopher once said, “Your attitude, not your aptitude, will determine your altitude.”

If you look under famous quotations and search on the word “attitude” you will find hundreds of interesting observations about the concept. Clearly, the word **attitude** is a very powerful concept for living a successful and healthy life.

The Contrast

Some people are lucky and live in comfort and security for most of their lives, but they have an attitude that they deserve more, so they are miserable much of the time. Conversely, some people have very unfortunate circumstances in certain parts of their life, but they rise above the problems with a healthy attitude and are rewarded with a blessed life.

My Own Favorite Quote

I confess to not remembering if I made this up or heard or read it somewhere, but I love the symbolism. “The quality of your life and how successful you are as a person is a direct function of what is going on in-between your ears.”

The Significance

This profound knowledge is important for each one of us. We control our own destiny by controlling what we think about. The famous philosopher, Earl Nightingale boiled down the wisdom of the thousands of thinkers who preceded him into just six words that he called “The Strangest Secret.” “We become what we think about.”

The Power is Yours

Make it a habit to control your thoughts. Look at life from the bright side. It is much more fun over there. It may sound difficult to master, but if you work at it the habit is not hard to acquire. Start today and notice yourself making a conscious choice as you react to things happening to you.

Reward yourself by feeling good about starting to control your own success. You will feel so good about it, you will instinctively want to do more of it. Presto! You have just felt the elation of guiding yourself to a more successful and prosperous life. It is easy to do and is a powerful antidote to all the negativity that surrounds us all.

Free Video

Here is a 3-minute video that contains more information on controlling your attitude.

<https://www.youtube.com/watch?v=F3eMEyJd2wU>

Bob Whipple, MBA, CPTD, is a consultant, trainer, speaker, and author in the areas of leadership and trust. He is the author of four books: 1. The Trust Factor: Advanced Leadership for Professionals (2003), 2. Understanding E-Body Language: Building Trust Online (2006), 3. Leading with Trust is Like Sailing Downwind (2009), and 4. Trust in Transition: Navigating Organizational Change (2014). In addition, he has authored over 1000 articles and videos on various topics in leadership and trust. Bob has many years as a senior executive with a Fortune 500 Company and with non-profit organizations.

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