



MONDAYS

with Mike

A positive attitude pit stop

As we continue to endure the wintertime blues, as they are sometimes called, one of the best things we can do is reset our attitude, almost like taking a pit stop to refuel and reload as we continue the race toward the spring season. Here are some reflections to help fill our “attitude fuel tanks”:

Attitude is an inward feeling expressed through behavior. It is one of the few things in life over which we have control. We get to choose our attitude in every encounter. The attitude we choose either helps us or hinders us. It affects everything we do. It reflects US to everyone around us. A good attitude costs us nothing. A bad attitude can cost us everything.

- Dwight Mason

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

- Dr. Joyce Meyer

The pessimist sees the difficulty in every opportunity. The optimist sees the opportunity in every difficulty.

- Winston Churchill

Here is an attitude test, based upon what we choose to notice:

Do you continue to notice the snow on the ground, or do you notice the sounds of birds chirping from the trees more and more often each day?
Do you continue to notice the dirty snow piles in parking lots, or do you notice that the daylight is lasting longer and longer each day?
Do you continue to notice the cold temperatures, or that the sun is brightening the day?

As we leave the pit stop today, travel well with a “full tank of positive attitude!”