



THE HERO WITHIN

Your lifetime buddy

They've been with you since you can remember, and follow you wherever you go —, watching TV, when at home, at school, and even on the play ground. It sometimes makes us happy, but also sad, all people have them. You might have observed that some are positive and some are negative. In fact, it become so much part our lives that you can probably even sense them in others. We're talking about your oldest buddy—your attitude.

What is this buddy called attitude?

A proverb that we all are familiar with is this saying “***as man thinketh so he becometh***”, so your attitude drives your actions it is the energy and unseen force that stimulate and encourages your thoughts, feelings, and actions. So lets say you want to become somebody famous, but you keep telling yourself you are a nobody what do you think will the outcome be? So our attitude is based on our expectations and our perceptions of how we might perform in the situation. Let's break apart the major components that make up an attitude.

Expectations also called Hope

Have you ever wish for something or hear somebody says I wish. So all of us

want to achieve something, this something is still in the future and as such do every human being forms consciously or unconsciously a set of expectations for ourselves, for other people, and for situations. These expectations, which might be high or low will ignite our motivation and will lead to us feeling satisfy or not. The higher your expectations, the more satisfied you will feel if you accomplished the set goal.

Perception (your view)

We have all been taught that at school that our senses what we see, hear, smell, touch, and taste, develop our definition of what happening around us. Your perception may not always be an accurate account of what actually happened; however, your observation through your senses (perception) is what you use to formulate your thoughts and feelings about the situation.

Thoughts and feelings

Your thoughts are your judgment it define your state of mind. Judgments about positive and or negative thoughts. If you are happy you will most likely thinking happy thoughts. On the contrary, sad or angry people are probably having negative thoughts. Your thoughts are the foundation on which you built your attitude. You then consciously or unconsciously think about and imagine yourself in the situation. You might have thoughts like; "I think ..." I can't, you most probably have speak to somebody about your thoughts and feelings thoughts may thus be expressed out loud or silently to yourself.

What and how you feel keep your thoughts alive. It's virtually impossible to have an attitude without thoughts or feelings. Feelings stimulate more thoughts and keep the mind active. While they're in progress, feelings sound like, "I feel like".

Energy (our motivation)

We stated above as man thinketh he becomes, this means we view things important or not important and such will the amount of energy you use in a

relationship or a situation depends upon how important the issue is to you. The greater the importance, the more energy you'll use thus we become more motivated if something is really important to us. Like attitudes themselves, this energy can be positive, negative, or neutral in nature.

Action our deeds

An action is your physical response to a situation. Once again, you have the choice of taking a positive, negative, or neutral approach to each situation. Your action will be a reflection of your attitude. A positive action in progress sounds like, "I can ..." or "I will ..." On the other hand, a negative action in progress sounds like, "I can't..." or "I won't..." A neutral and or disinterested action in stage sounds like, "I don't want to ..." or "I don't care ..."

You Control Your Attitude

I understand that there are so many things in life that we do have little or no control over, such as the rain. However we are created with the power to take dominion over everything and one aspect of our life that we do have the power to control over is our attitude. Think about it each and every moment of every day, you take decisions this decision is based on your attitude—about yourself, your friends, your family and what you will or will not change, responsibility, etc.

I agree that there are other factors that influence your attitude, such as where you been brought up and the experiences of friends etc. However only you have control over your feelings and remember no one can make you feel anything if you do not allow it. You hold the key to the engine of drive and motivation that produce your attitude, resulting in your success or failure in life.

It is then important to take control of your future now; to this you need to learn to take control over your attitude. Remember you can only have a positive and or negative attitude which will result in positive and or negative fruits—fruits that will bring you happiness, success and or sadness and failure.