

There is a direct correlation between your attitude and your behavior.

This is based on-

- The importance of personal relevance, and how much significance you put on your attitude, and your behaviors are based on your attitudes.
- Knowledge- attitude provides meaning for life. Our attitude creates stability and consistency so that we can predict our path- this helps us control our destiny.
- Who we are- Our attitude communicates what we are made of, and our identity.

The basic idea behind attitude (according to psychologists) is that it helps us navigate our inner needs to the outside world.

Good attitudes are actually a skill set that helps us navigate our lives.

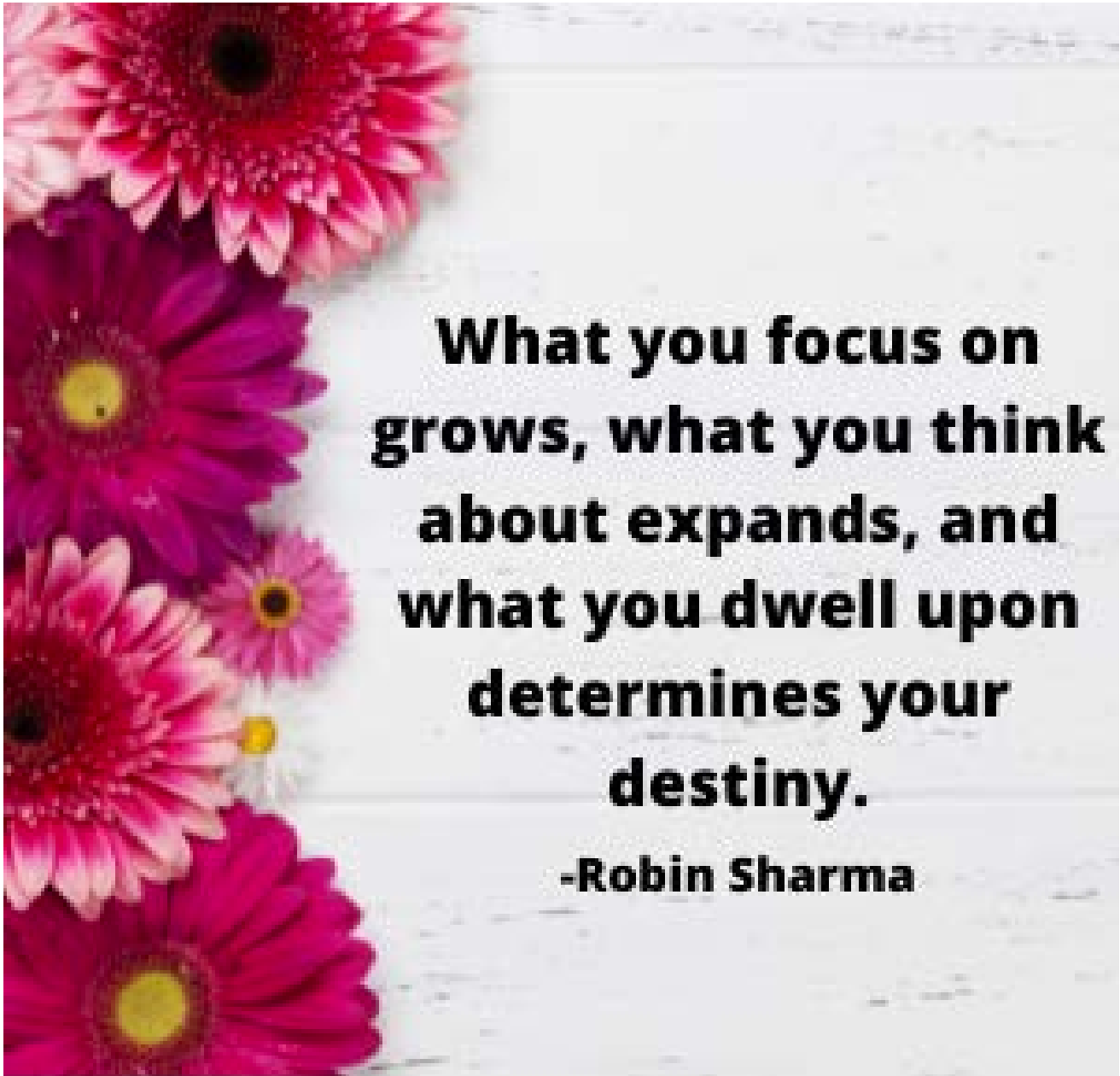
That means a good attitude is disciplined and deliberate. Disciplined because you keep yourself in check knowing when to say something or not. And deliberate because you're running the show—not your mood.

That doesn't mean you sugarcoat your problems and pretend nothing is wrong when it is. But a good attitude seeks a solution, not the opportunity to wallow.

I have 9 things for you that will really impact your mood and attitude:

1. **Thinking and thoughts** - Think about what you are thinking. Remember, our thoughts become projections of what our life is about
2. **Focus management** - Your needs to be managed—everyone's does. What you focus on expands so carefully considering your focus will help create the right attitude.
3. **Self-awareness** - If we are not self-aware we are living in default--unaware and not present.
4. **Internal story management** - If I do not manage, learn from, and decide how I tell my story and experiences, it will become my narration.
5. **Stop blaming, complaining, and defensiveness** - these three things are completely incompatible with a vibrant life.
6. **Turn off the TV** - too much TV is too much negativity—that influences our attitudes. Same with social media.
7. **Meditate** - Meditation helps to calm, focus, and bring us back to center—our center is our core, our soul, and needs this nurture.
8. **Patience** - With self, with others. It's a virtue for a reason.
9. **Perspective** - Your perspective is how you view the world. If your perspective is full of love, you will be too.

My heart for you is that you will live your most vibrant life every single day—with a soaring attitude, it's possible!



**What you focus on
grows, what you think
about expands, and
what you dwell upon
determines your
destiny.**

-Robin Sharma