

## POSITIVE ATTITUDE II

*"I am convinced that life is only 10 percent of what happens to me, and 90 percent of the way I react. We are responsible of our attitude". Charles Swindoll*

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### STEP 1: ACHIEVED RESULTS

*What specific action did you commit to do last week? What were the results?*

### STEP 2: REFLECTIONS

*Instructions: Take turns Reading the following paragraphs with others. As you go, highlight the ideas that catch your attention*

Charles Swindoll said: The longer I live, the more I realize the impact of attitude on life. Attitude for me is more important than facts; more important than the past, education, money, circumstances, defeats, successes, or what others do or say; is more important than appearance, talents, or abilities. Destroy or build a company, church, or home. The most remarkable thing is that we have the alternative daily to choose the attitude that we adopt that day.

We can't change our past, we can't change the fact that people acted in a certain way; the only thing we can do is play the only string we have, and this is our attitude.

#### **Never regret**

People who complain are not successful, and successful people never complain. When a person responds to a situation with regrets, it's a sure sign that they have consulted their negative voice. By lamenting, the person may sympathetically attract temporary attention, but it certainly impairs his ability to lead.

The complainer asks himself this question: "Why is this happening to me?" and when he asks a bad question, he consults his negative voice for the answer. Such a person must learn to ask this type of question: "What can I learn from this?" Fortunately, this way only the positive voice can answer that question.

It's true that there are times when the solution is not available, but even in such a situation, there is no reason to listen to the negative voice. When milk is spilled on the floor, complaining about the spilled milk doesn't help at all, cleaning the floor is what helps.

#### **Never complain**

The second principle "Never complain" is a deeper infection of negativity. If complaining is a common cold, complaining is the pneumonia of a negative attitude. The complainer points the finger at others, but not at himself, saying "Why are you making it harder for me?" By complaining about others, the person feels less responsible for correcting their problems. Think about it does complaining produce a significant change?

**Never make up excuses**

People who make things up no longer ask questions, but instead make self-defeating comments like "It's not my fault, others are responsible for my failures." When a future leader falls prey to his intoxicating negative voice, he slides dizzily from lament to complaint, supplementing it with excuses.

Why is it so easy to make excuses when there are no results due to a lack of activity? It's very easy because excuses provide the person with reasons not to change. This can provide a temporary pain relief. However, it's the pain that generates the real need to generate real change. Most people quickly develop defense mechanisms like blaming, making excuses, and pointing fingers to avoid not only the pain of failure but also the responsibility to grow and change.

Failure is not the end for a person with a good attitude. All achievers educate their thoughts to ensure that the challenges in their lives are just bumps in the road to improvement. A failure is an event, not a person; But without the mindset of an achiever, people call themselves failures instead of learning from failure. The attitude of obtaining success or failure has more to do with attitude than with circumstances.

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**Benefits of having a positive attitude:**

1. ***Positive attitude will produce changes in you.*** You will not make excuses and you will recognize that temporary failures are just lessons on your way to success.
  2. ***It will help you overcome challenges.*** You will look at countless options and you will be able to overcome the challenges in the path of your life.
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**Steps to follow:**

1. ***Ignore the negative voice.*** Replace it with the Bible, books, audio, and positive associations.
2. ***Analyze your attitudes.*** If you have fallen prey to regrets, complaints, or worst of all, the invention of excuses, it is time to restore your mental garden.
3. ***Develop a spirit of gratitude. Focus on your blessings.*** It is difficult to acquire a negative attitude when a person sees his life through the lens of gratitude.

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## STEP 3: REFLECT AND RESPOND

Choose something that you underlined as important to you. Take a minute to share with everyone what you chose and why it is important to you.

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## STEP 4: SELF EVALUATION

*Respond the following section of self-evaluation:*

In a scale of 1 to 10: How well do you demonstrate this quality in your life? \_\_\_\_\_

Why did you give yourself this score?

\_\_\_\_\_  
\_\_\_\_\_

What benefits would you obtain from improving your score?

\_\_\_\_\_  
\_\_\_\_\_

What people do you know that are a good example of this quality? What do you admire the most from this person?

\_\_\_\_\_  
\_\_\_\_\_

What specific action can you take immediately to improve your score?

\_\_\_\_\_  
\_\_\_\_\_

## STEP 5: SHARE YOUR ACTION STEPS

*Take a moment to share your responses from the self-evaluation section, include the action that you plan to take to improve in that area. We ask that everyone participates.*

**Instructions for the host:**

1. **Make the calling:**

*“Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you may be my Lord and personal Savior, amen”.*

2. **Impartation:** Pray and activate what you have learned today.

3. **Pray for the offering.**