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CHANGE YOUR ATTITUDE - CHANGE YOUR LIFE

By Mike Moore

<http://www.motivationalplus.com>

If we are the products of our attitudes then it is important for us to examine our attitudes, both positive and negative, to discover the impact they are having on our lives. This is even more important if we are determined to maximize the potential that is ours, a potential which, in the vast majority of us, remains grossly underdeveloped.

Positive attitudes release a power to achieve that will astound you, while negative attitudes severely hamper our becoming the people we are capable of becoming. It become the central task of anyone interested in actualizing their enormous potential to become involved in the process of attitudinal transformation.

Attitudinal transformation takes time, effort and determination but it can be done. Don't expect perfection, just progress. It took a long time to develop negative attitudes and it will take time to transform them. It is also important not to concentrate on more than one or two negative attitudes at once. If you overload your agenda for change you run the risk of becoming discouraged and giving up.

Once you have identified the negative attitude you wish to transform, commit yourself to the process of becoming conscious of that attitude cropping up throughout the day. You will be surprised at how quickly you will become aware of your target attitude. When you are focussed on the attitude, visualize it leaving your body and flying off into the great beyond. Now replace it with a positive attitude and give yourself the suggestion that from now on this will be your dominant thought pattern.

Whenever your old negative attitude creeps back into your mind engage this process of thought replacement. Soon the new attitude will become dominant and you will find yourself enjoying its positive power in your life.

Be gentle with yourself when you fall back into the old pattern of thinking. Believe that the change you desire will come more frequently and it will. It might help to remember that human beings use between 2 and ten percent of their mind's potential so you have a huge reservoir of unused potential to help you over any periods of discouragement.

Don't forget to continue to use humour to keep your spirits up and put the entire process in perspective. **HUMOUR MAKES GOOD THINGS HAPPEN.**

This is an excerpt from Mike Moore's book **EMBRACING THE MYSTERY**

Author's URLs:

<http://www.motivationalplus.com>
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Here's how to order your copy of **Light Up With Laughter**.

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