

=WINNING ATTITUDES= part 1

Welcome back to staying upbeat! Start each day holding the mirror of reality to you, ask yourself: “you my friend you have a choice of attitudes, which one do you wear today? Are you going to make the best of this day or you have other plans?!?”

Now picture this: there is a job opening, and two people with similar skills apply. One has a ‘winning attitude’. The other carries a ‘victim mentality’ finding faults with everything and everyone around. Who gets the job?
HmMMM

Well you see, entering a room some people bring their glow others bring only gloom. What do you bring?

People at work often get fired not because they lack experience. They get fired because they do not have “winning attitudes” and “people skills”.

I received the following words of a sage -source unknown-...“Life is too short to wake up in the morning with regrets, so, love the people who treat you right. Forget about the ones who don’t. And, believe that everything happens for a reason. If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it.”

Here is my take on this: yes, “forget about the ones who don’t treat you right.”

By definition doing wrong is in the character of the wrongdoer. Why make yourself miserable over their expected behaviours?

Picture this: you would expect that a dog barks. That’s what dogs do.

Similarly you should expect that a wrongdoer will do wrong.

Do you say ‘why does this dog bark?’ You don’t. Dogs are supposed to bark! Similarly, wrongdoers are supposed to do wrong.

So, don’t take it personally. Distance yourself emotionally.

Someone said, ‘don’t wrestle with pigs, you will get mud all over yourself aaaand the pig will enjoy the whole thing.’ Move away if you can and leave them behind.

Of course as much as possible take measures so that they can do no continued harm to you! And then do not carry their dark cloud over you. Forget them. Also, you don’t need to repeat your victimhood story to everyone you meet: “Did you see what he did to me?!?” You don’t complain just to complain. That is heavy baggage. No no no. You are a problem solver. You focus on solutions!

Realize that people who cause you harm will continue causing harm to others too.

Their reputation follows them, anyway. And i assure you, as a clinical psychologist - having worked with thousands and thousands of people in therapy as well as in workshops both with the general public and the business sector -

Experience tells me time and again that aggressors destroy themselves in the long run, anyway. These arrogant people choke themselves within their own spider web.

Ethical living and practicing the golden rule by treating others the way you want to be treated is such a smart thing to do. In any case deliberately doing wrong to others invites sabotage from others in return, anyway.

However, not in all situations you can leave wrongdoer behind. The aggressor stays around -e.g. a co-worker a boss, a relative. In such situations use your diplomatic and assertive skills to navigate in the turbulent seas. You don't have to love these people. You just have to build skills to handle the experience you have with them.

To keep your head above water, remind yourself: "Everything happens for a reason. If you get a chance, take it. If it changes your life, let it."

Now the good news: problem solving skills and assertion skills can be learned, similar to driving a car or learning a language.

Using perspective and staying upbeat attitudes we may even say that aggressors, bullies, wrongdoers are all adding to our survivor skills!!!! With each challenge we build brain power. Our neurons get fired up. We learn new secrets to the key to life, we build stronger muscles. Besides, if others feel jealous and hostile towards you: remember things could be worse. You could be them!

So then....picture this: a sage is dormant in each one of us ready to be awakened and once awake the sage in us does not go back to sleep.

I am so thankful to each of you who contribute beautiful ideas and as the channel I transmit them through these videos. Share "winning attitude" videos with friends, family and colleagues. They stimulate debate.

Let us be eager students of life on the road to staying upbeat and visit my website [www. Stayingupbeat.com](http://www.Stayingupbeat.com)

See you soon

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