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## Four Steps to a Super Attitude

*By: Brian Tracy*

### **Decide How to React**

It is not what happens to you that counts. It is how you react to what happens to you, especially when you have unexpected problems of any kind.

In this newsletter, you learn powerful strategies you can use to keep yourself thinking and acting positively and creatively.

Here are four things you can do to assure that your attitude is the very best it can be, under all circumstances.

### **Focus On the Future**

First, whatever challenges you face, focus on the future rather than on the past. Instead of worrying about who did what and who is to blame, focus on where you want to be and what you want to do. Get a clear mental image of your ideal successful future, and then take whatever action you can to begin moving in that direction. Get your mind, your thoughts, and your mental images on the future.

### **Think About the Solution**

Second, whenever you're faced with a difficulty, focus on the solution rather than on the problem. Think and talk about the ideal solution to the obstacle or setback, rather than wasting time rehashing and reflecting on the problem. Solutions are inherently positive, whereas problems are inherently negative. The instant that you begin thinking in terms of solutions, you become a positive and constructive human being.

### **Look For the Good**

Third, assume that something good is hidden within each difficulty or challenge. Dr. Norman Vincent Peale, a major proponent of positive thinking, once said, "Whenever God wants to give us a gift, he wraps it up in a problem." The bigger the gift you have coming, the bigger the problem you will receive. But the wonderful thing is that if you look for the gift, you will always find it.

### **Seek the Valuable Lesson**

Fourth, assume that whatever situation you are facing at the moment is exactly the right situation you need to ultimately be successful. This situation has been sent to you to help you learn something, to help you become better, to help you expand and grow.

### **Decide to Be Positive**

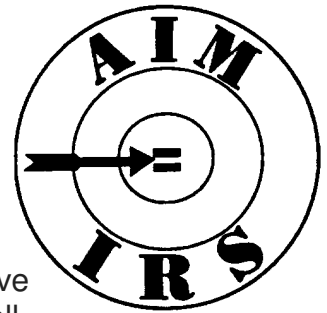
A Positive Mental Attitude is indispensable to your success. You can be as positive as you want to be if you will simply think about the future, focus on the solution and look for the good. If you do what other successful people do, if you

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use your mind to exert mental control over the situation, you will be positive and cheerful most of the time. And you will reap the benefits enjoyed by all successful people.

#### **Action Exercises**

Here are three steps you can take immediately to put these ideas into action:

First, become solution-oriented with every difficulty you face. Make a habit of looking for the answers to your questions, the solutions to your problems.

Second, seek for the valuable lesson in every adversity. Make a list of every idea or insight you can gain from every setback or difficulty.

Third, think on paper. Take some time to write out every detail of the problem, and then take the most logical next step to solve it.