



Start Your Day Right

Rolando P. Nagtalon Jr.
Class of 2002, Polytechnic University of the Philippines
B. S. Industrial Engineering

...

The only difference between a good day and a bad day is your attitude. Things happen unexpectedly; gadgets break, shoes get rotten, jackets get worn out, and people come and go. There are things that we cannot control; earthquakes, twisters, flood, blizzards, and there are things that we can; like forgiveness, gratitude, appreciation, and most of all attitude. The way we look on things defines our attitude. The way we live our day defines our attitude. The way we control our attitude makes or breaks our day and it defines us.

People are getting too busy nowadays that we no longer notice how we begin our day. I believe that the way we see it first in the morning is being carried out until we end our day. Not everyone believes in this matter but actually, a positive mind anticipates happiness, good health and successful outcome of every action.

It is common to hear from people, "I got up on the wrong side of the bed", when you see them with a distorted face on a bright morning, which I see that non-sense since we are putting the blame on the sides of the bed and which I see so unfair for the bed to be blamed. What can be more frustrating than blaming something that has not done anything at all to us at all? Like the sides of the bed. Do not let the bed decide on how you would face our day.

Uncertainties; these usually happens in the morning, that's most especially when you are in a hurry and you're running out of time because of something is on due. These uncertainties actually won't affect you that much and put all the stress in the world on you unless you let it and unless you let yourself see it that way. It just depends on how you look into them. They might seem very big and unhandy but you can just look at it as small as a mustard seed and as handy as your favourite mobile gadget.

By the way, let me just add that this great attitude on the start of our day is contagious. Truly, I say to you that somehow, in a way or another, we affect people that we meet with this good attitude. When we start our day right, when we start our day with good attitude and good outlook, we will have positive view of the day. Everything will seem to be working fine and will be doing great. It will create positive thought and smile that will affect other. Facial expressions really make a difference and these are effects of our attitudes.

We may probably believe it or not but one thing is for sure, we can choose on how we will start our day so we can end it the way we want it to.

Question for discussion:

1. How do you define attitude in your way?
2. Have you ever experienced being on a rush and then suddenly something went wrong?
3. Is attitude really necessary in the society?
4. How can you practice a good attitude?
5. Aside from smiling, how do you think you can pass on to other people your good attitude?