



ATTITUDE – 100% YOU

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Attitude has various definitions and one of which is, it is a point of view about a situation. Whether you are in a pensive mood or you are feeling cheerful, frivolous and light-hearted, a person, no matter what situation he is in, always has a certain thought about it. Not only that, you also have an emotional response to it. Hence, we can say that attitude refers to what you think, what you do and what you feel.....these are what creates the real “you”.

In reality, attitude is the “advance man” of our true selves. We can be successful because of our attitude. It is like a fruit that branches outward and is exposed for everyone to see. Apparently, attitude can be both our best friend and our worst enemy. It is more honest and more consistent than our words. It is a demeanor or the manner which can draw people to us or shoo them away. Attitude is therefore 100% you, for our attitude is 100% within our control. There are a lot of things in life that we have no control over and the only thing we can do is to control the manner in which we react to it. It seems disheartening when people allow the reactions of others figure out or determine their outlook in life. For instance, how do we react to failure? Do we just walk or run away from it having that heavy feeling of discouragement or are we in full control, staying focused, considering it a lesson learned and move on? As the saying goes, “Experience is the best teacher”. Sometimes it takes to experience a lot of failure for us to succeed once. This entire genre and the way we react are a reflection of our attitude, of which we really are or what kind of person are we.

Yes, all of us want the most out of life and everyone would want to experience the fullness of our existence. We would like the best of the best, be it God’s will of course. We must remember that God created each one of us for a purpose and our mission is to accept it and be responsible Christians in this world we live in. Bear in mind that Christians are more than believers, they are doers!

We can not hide it, our attitude reveals the inner us neither can we deny it. It is who we are; it is the outside of your inside. Our words can not belie our actions, because our attitude will always come out in the open, no matter how much we hide it. Let us ask ourselves now, what does your attitude say about you? Your attitude will make you or break you. Lastly, try to write ATTITUDE in a piece of paper and assign each letter the number that letter corresponds to and add those numbers. Guess what? It will sum up to 100%. Yes, A=1, T=20, T=20, I=9, T=20, U=21, D=4, E=5 = 100%. Attitude is everything, so let’s face the fact that, “Attitude is 100% you.”

Question for discussion:

- 1.How can you describe your attitude?
- 2.Does your attitude reveal the real you? How?
- 3.When can you say that your attitude is your best friend? Or worst enemy?
- 4.Are you biased when it comes to your attitude?
- 5.Can your attitude make or unmake you? How?