



ATTITUDE – THE POWER TO STEER THOUGHTS

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In this world that we now live in, most of the time we experience failures and frustrations which lead us to being biased and pessimistic in utmost situations. Our minds always wander but we never wonder why such things are happening, those grueling misfortunes that accidentally trample our way. Everyday, we deal with different persons from all walks of life. Sometimes we tend to turn away when confronted with a high-intensity negative person. Not only that, there are times too that we are bombarded with bad news, hard times and difficulties in life that we begin to be stuck with a negative mindset. How we deal and handle all these mishaps and circumstances in our life give us also the chance to steer our thoughts, and that is where attitude comes in. We have the power to steer our thoughts by developing a positive attitude which can eventually bring happiness into our lives. Yes, learning how to steer life towards a positive attitude can lead us to attain and find peace, joy and excitement, even contentment in life. We should believe that we can create a positive life and thoughts, and then inevitably realize that we can take full control of our attitude, thoughts and life.

Yes, it is just a matter of attitude so we can get hold and have a mindset of acquiring that beautiful and wonderful aura that reaches deep within our soul. Like what Abraham Lincoln once said: "It has been my observation that people are just about as happy as they make up their minds to be.", which means that we can head and move on to be in a state of "nirvana" in any way we want it to be. Some other points which may guide us to get by are: "There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative."; "If you share happiness, and all that is good and desirable, you will attract happiness, and the good and desirable. Steer towards calm waters."; If you share misery and unhappiness, you will attract misery and unhappiness. Release, forgive and then steer forward."; "If you find the 'Land of Happy' put down the anchor of happiness, first for yourself and then for others."

For me, attitude is more than facts, than money, than education, than failures, than successes. It is more than what other people think, say or do. It is more important than appearance, talent or skill because it can break or make a company, a church or a home. What matters most is how we take things, make our choice of attitude that we will embrace for that day. We do not have the power to change the past nor change the way people act or think for we cannot change the inevitable. The only and primary thing to do is to focus on our attitude for us to play it right. I am truly convinced that life is 10% of what happens to me and 90% of how I react to it. How about you? Bear in mind that we are in charge of our attitudes and it has the power to steer our thoughts too. Take full control of this crucial mental position for you to have the right aptitude in life!

Question for discussion:

1. Do you have the right attitude when you wake up every morning feeling good in life in general?
2. How would your attitude be when you are faced with life's odds?
3. Does your attitude prove to be detrimental to your health too? Why and how?
4. Are you happy with who you are right now? Explain further.
5. How can you describe the impact of attitude in your life?