

Choose Your Attitude



Student Success Series, No. 9

Choose Your Attitude: Only YOU Have the Power!



East Ascension High Motto

Who has the **power to change your life?**
You.
And you alone.

Let's talk about "power."

Power: the ability to do something or act in a particular way.¹

Power: the capability of doing or accomplishing something.²



YOU have that power through **YOUR ATTITUDE!**

You, and you alone, can decide what you are going to accomplish in life, what goals you are going to establish, what your game plan will be for accomplishing your goals, and how focused you stay on your goals.

¹ SIRI (last visited Sept. 14, 2020).

² DICTIONARY.COM (last visited Sept. 14, 2020).

Attitude is the driving force in your life!
We do what we value most, what is most important to us.
YOU decide what's important.



5 Simple Things That Can Help You Decide Your Attitude³

1. Identify and understand what is important to you.

“Begin with the end in mind.”⁴

Envision what you want in the future so you can work and plan towards it. . . . To be effective you need to act based on principles and constantly review your mission statement. Are you—right now—who you want to be? What do [you] have to say about [your]self? [Y]ou are the *programmer!*

Are you in school because you realize that education is a tool you can use to have a better quality of life, not only because a degree will almost always lead to better jobs and better pay, but because you want to be more knowledgeable about the world and you want to see yourself that way and you want others to see you that way?

If so, write this goal on a sheet of paper. Tape it to your dashboard or your bathroom mirror. Don't be ashamed of it. Be Proud. Own it!

³ Kara Heissman, 5 Tips on How To Change Your Attitude for the Better, LIFEHACK, <https://www.lifehack.org/874883/change-perspective> (last visited Sept. 9, 2020).

⁴ STEPHEN COVEY, THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE (1989).

2. Look for a role model.

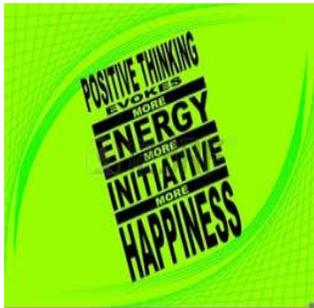
Find a mentor who has incorporated becoming a knowledgeable person into their lifestyle. Spend time with this mentor, learn from them, and ask them to encourage you when you feel unsure.

3. Choose the right company.

Hang out with friends or a study group of people with similar goals. It could be one person or a bigger group of people. If you have similar goals, you are going to encourage each other to do what is required to accomplish your goals. You can bounce ideas off each other and study together.

4. Think about how YOUR ATTITUDE will affect YOUR LIFE.

Picture how focusing on your goal will change your life. Think about how you will feel each semester when you have worked hard and passed your classes. Think how you will feel when you put your GPA on your resume and walk into a job interview to talk about how you know how to **work hard** and **achieve your goals**.



Note to Self: It pays to think positively; being negative is a downer!

- Optimists typically perform better at school, work, and other activities.
- Optimists have better physical health.
- Optimists experience less stress.⁵

BELIEVE IN YOURSELF

5. Believe that you are able to make this happen.

What we believe about ourselves is powerful. We can believe that we are capable or smart. Or we can believe that we just don't have what it takes. If you're looking up at the basketball goal and you're feeling 3 feet tall, it's hard to believe you can get the ball in it. But if you back up and start dribbling a little every day—if you jog and strengthen your ankles and legs a little every day—if you practice those jumps over and over—then before you know it, you can do it!



It takes keeping your eye on the “goal.” It takes the slow and steady WORK and DETERMINATION of doing what it takes AHEAD OF TIME so that you CAN get the ball in the hoop!

Once you've done these things, you are UNSTOPPABLE!

⁵ MARTIN SELIGMAN, LEARNED OPTIMISM: HOW TO CHANGE YOUR MIND AND YOUR LIFE (1991).



SO WHAT DO WE DO TO GET STARTED?

Start Each Day
with a Grateful
Heart



First, realize that you've got a lot going for you. No matter how many things have happened in your life that you view as negative, there is always more positive than negative if you **choose your attitude** to be a positive one. Wake up each morning, sit quietly for a moment, and list 5 things for which you are grateful. It can be the bed you slept in, the food you have access to, a loved one, your job, access to financial aid to pay tuition, or even just the sunshine shining through your window. Especially right now, it can be that major hurricanes have shifted to our west and our east and spared us flooding and destruction. Once you start counting your blessings and channeling your brain to "accent the positives," you'll be amazed at how many positives there are!

State Your Intention Keep Your Eye on the Goal

Ask yourself this question: Why are you in school, and what do you intend to gain from it? Relate being in school to your life goals. Think about this for a moment every time you're getting ready to attend a class, whether in person or virtually, and every time you're getting ready to study.



Put meaning into going to school/studying/passing, and achieving them will be meaningful to you.



gg6329678 www.gograph.com

Believe!

First, realize that you are worth it.

Second, realize that you can do it.

Third, picture yourself checking your grades the week after exams and what you want to feel about yourself when you know what your grades are.

Take Ownership in Advance

What is my goal?

What are some of the obstacles I know will occur?

What will my reaction be to those obstacles? Assess them individually.



What's going to stop your progress? Often it's the fear of failure. Fear of repeating your performance in the past. Fear of change. Go back to the 5 principles above.



Pay Attention to When You Need to REGROUP

Do not just act; think first.

When worried/distracted/pulled in different directions, PAUSE. Take a moment to think and refocus. Reflect in that moment on your goal. Breathe in and breathe out. And then move forward to do what's most important.



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Focus on 3 things this semester:

1. Establish your goal, and **choose your attitude** based on that goal.
2. Believe in the power that you have, and only you, to shape your life and accomplish your goal.
3. Teach yourself each day that harnessing the positive power inside of yourself will make you unstoppable.

Remember:

Listen to the voice inside you that wants you to finish strong and proud!

Say to yourself EACH DAY:
**I MAY NOT BE THERE YET,
BUT I'M CLOSER THAN
YESTERDAY**

Golden Rules:

Log in to Canvas at least 5 days a week.

Check your email at least twice a day.

Check our website (northshorecollege.edu) for updates at least twice a day.

If your class has a forum or message board, check it twice a day.

Utilize the resources on our website under “Library” and under “Students/Keep Learning.”

Practice “social distancing.” That means avoid close contact with others as much as possible. Avoid being around people, and when you have to be near others, stay as far away as possible. Wash your hands for at least 20 seconds with soap and water. Wash them often.

If you are interested in viewing other Success Series presentations, please visit **YouTube** and search under “NTCC VC of Student Affairs” for the following topics:

- Success Series No. 1: Stress and Anxiety in Difficult Times
- Success Series No. 2: Studying for Success in an Online Environment
- Success Series No. 3: Effective Note Taking = Less Stress for Tests
- Success Series No. 4: Test-Taking Skills
- Success Series No. 5: Leadership Skills
- Success Series No. 6: Navigating the NTCC Website
- Success Series No. 7: We're Almost There: Stay Strong, Gators!

IMPORTANT: If you have questions or need anything, email successcoach@northshorecollege.edu.

Whatever you do,
Stay positive and keep your chin up.
We believe in you.
You can do it!

Choose your Attitude – You are in Control

Posted on February 6, 2018 by Sue Salach



art-of-inspired-living.com

I love this story. I'm not sure who wrote it, but I do know it is always inspiring when I get in the way of my own joy.

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window. "I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait." "That doesn't have anything to do with it" he replied. **"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice;** I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. **Each day is a gift,** and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away.. Just for this time in my life. Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory Bank. I am still depositing."

He went on to say:

Remember the five simple rules to be happy:

- 1. Free your heart from hatred.**
- 2. Free your mind from worries.**
- 3. Live simply.**
- 4. Give more.**
- 5. Expect less.**

You have a choice EVERY day – choose happiness, joy and love!