

#1 Today's Attitude Gives Me Possibilities

Why My Attitude Matters Today

1. My attitude at the beginning of a task affects its outcome _____ than anything else.
2. My attitude toward others often _____ their attitude toward me.
3. My attitude, not my _____, gives me happiness.

Samuel Johnson, the eighteenth century poet and critic, stated, "He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts and multiply the grief which he purposes to remove." He understood that contentment was generated internally, based on attitude.

4. My attitude is _____ .

Not long ago I came across a prayer that I thought was wonderful. It said,

Dear Lord,

So far today, I am doing alright. I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish or self-indulgent. I have not whined, cursed or eaten any chocolate.

However, I am going to get out of bed in a few minutes, and I will need a lot more help after that. Amen.