
ATTITUDE

“Most folks are about as happy as they make up their minds to be.”

~ **Abe Lincoln**

“A bad attitude is like a flat tire. You can’t go anywhere until you change it.”

~ **Unknown**

“Life is 10% what happens to you and 90% how you react to it.”

~ **Charles Swindoll**

“Don’t count the days, make the days count.”

~ **Muhammad Ali**

“A positive attitude gives you power over your circumstances instead of your circumstances having power over you.”

~ **Dr. Joyce Meyer**

The great British Statesman Winston Churchill once said, “For myself I am an optimist - it does not seem to be much use being anything else”. Positivity is so often disregarded by realists as naïve or unrealistic, but Sir Winston Churchill wasn’t an ignorant man or someone who lived with his head in the clouds. He was a well-respected man who inspired others to greatness.

He knew that the only way to overcome overwhelming odds was to have a positive can-do attitude. Being positive doesn’t mean that we ignore the negative or the challenges that we face, but

rather that we overcome the negative through a positive mindset and finding solutions.

Our team may be playing a team that is ranked much higher and we have to maintain a positive attitude. Maybe our team is down a few points, goals, or baskets and it seems impossible to recover the deficit. The truth is that sometimes underdog teams win the game and sometimes a big come back happens, but this only happens if a team and players maintain a positive attitude and are fearless enough to keep believing that the unlikely can happen.

In the sports world, a game or championship may be at stake. For Winston Churchill, an entire nation's freedom was at stake. Despite all odds, England and the Allies defeated Nazi Germany in World War II.

One of Winston Churchill's most famous quotes is when he said, "The pessimist sees the difficulty in every opportunity. The optimist sees the opportunity in every difficulty." A positive attitude is so crucial, because it affects how one views a situation. How we view a situation affects our course of action and the enthusiasm and momentum that we can generate from it.

Positive people do not allow circumstances to dictate how they feel. They do not get discouraged easily. They make sure that their attitude dictates how they look at a situation. When we refuse to be victims of the circumstances, then we may actually take actions that can influence the situation. Once we feel like we have the power to change the situation we are motivated to take action and be proactive towards achieving our goals.

As the seemingly unbeatable Nazi's conquered much of Europe during World War 2, it seemed to most people as if Germany and Hitler would ultimately reach Great Britain, as well. But Churchill had other ideas. He knew that the situation might keep getting direr but that they could ultimately win – even when many of his advisors expected him to call for retreat or surrender.

On June 4, 1940 (before the United States entered the war), Churchill gave a speech to the House of Commons of the Parliament of the United Kingdom. In this speech he said, “We shall defend our island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender.”¹

One man's positive attitude and relentless belief brought hope to a nation; a hope to press on in the fight and a hope to believe that victory could be attained.

The power of a positive attitude is not shown amidst great achievement, but instead great failure. It is easy to define success as a championship, a personal record, or obtaining recognition; these things quickly fade, and old trophies rust in a cabinet. True success is having a positive attitude when things do not go as planned again and again and again. Success will come to one who does not give into discouragement and give up.

An attitude defines how a person, team, or leader of a nation will respond to adversity. A positive attitude defines if they will succeed.

Churchill did not allow Great Britain to fall to the Nazis because his attitude was contagious. He led the nation through courage and positivity.

Legendary USA Basketball and Duke University head coach Mike Krzyzewski says, “Don’t worry about losing, think about winning.” We will face challenges and adversity but if we have a positive attitude – if we choose to be a winner – then we’ll see these challenges as building blocks, stepping stones, and opportunities.

Remember, thinking positive and having a good attitude doesn’t mean that we’ll never face challenges. That is wishful thinking, not positive thinking. Having a positive attitude means that we’ll have the proper mindset to find solutions and not be fixated on problems. Every day, we’ll be faced with choices. We can choose to be positive and move forward or we can dwell on the negative and remain stuck in the mud. Negative thinkers see the difficulty in every opportunity, but a positive thinker sees an opportunity in every difficulty.