



You Are the Author of Your Own Life Story

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An Optimistic Attitude

Do you ever assume the worst in a situation or person without knowing for sure, only to be pleasantly surprised? Do you waste time and energy being upset or frustrated for no reason? What if you were assuming the best—would it make a difference?

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Positive Attitude Quotes

Sporting a positive attitude can bring about many optimistic changes in your everyday life. Here is an interesting collection of compiled quotes on positive attitude.

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***“You don't attract what you want,
you attract what you are.”***

– Dr. Wayne Dyer



You Are the Author of Your Own Life Story




How many times have you stopped to think about the role that you play in your own life? My guess is that you have not thought about this very often. I have exciting news for you – you are the author of your own life story!

Take a moment to ponder your answers to the following questions. Are you filling the pages of your book with the best possible story you can think of, or can you make it even better? Are you letting someone else write the pages for you? More importantly, as you look back through the chapters, what themes do you start to see? Do you find that you consistently run into bouts of bad luck, or are there lots of times that something good is coming from everything that's taking place? If you want to write the future chapters of your life story differently than you did the previous, you must first figure out where to focus.

Have you ever met someone who just seems to have all the luck? They have the happiest marriage, their children are well behaved, their jobs actually make them happy, and opportunities seem to fall into their laps? That's not to say that bad things don't happen to them, but when they face a challenge they find a way to turn it into a positive. On the other hand, how about those people whom you've met that something bad always seems to be going on? Those people have rocky relationships, their children may get into quite a bit of trouble or they disrespect them, and everywhere they turn a door is slammed in their face. When something good finally happens to these people, they say things like, "This won't last." And then, it usually doesn't. Why? Even though good things happen to them, they continue to focus on the negative.

I am sure you know of someone who faced an emotional trauma in his or her childhood, and as an adult begin to attract the same types of people and situations into their lives over and over again. We must all acknowledge that our problems are coming from within, and not necessarily from the "outside world."

So, how can you make sure that you are the person who attracts the things into your life that you actually want? Take control! It starts with your attitude, as well as recognizing that the way you've always done something doesn't always provide the results you are looking for. Become the type of "being" that you want to attract. Recognize the negative conditioning that took place in your past and put more positive in. Seek a mentor or coach to guide you through the steps of reaching your goals and finding your life's purpose.

Write a life story for yourself that is worth reading. Inspire yourself, and you'll inspire the world! 

By Melissa Frantz

An Optimistic Attitude

I was playing golf with my regular group at our local course a year or so ago and we're on the 15th tee box. One of my playing partners hits a ball off to the right a little, where we know there to be a sand trap, and he starts immediately complaining about his bad luck that he's in the sand trap. Now, mind you, we can't see the sand trap for the slight rise in the fairway. We didn't see his ball actually stop in the bunker, nor did we see sand splash.

I asked him if he KNEW that his ball was in the bunker. He said yes. So I asked again, "How do you know it's in the bunker?" To which he answered, "Well, it just has to be." By this time, he's even more frustrated than right after he hit the shot.

So I press one more time and he admits that although he thinks the ball is in the bunker it may not be. I suggested that rather than ruin the 200 plus yard walk for the both of us, maybe he start thinking that the ball is NOT in the bunker. That way we'll enjoy the walk together. If we get there and the ball is in the bunker, all the complaining in the world won't make it an easier shot! And if it's not in the bunker, there's no need to get down on himself for no reason. It just makes the next shot harder.

He acquiesced, and we chatted about his grandchildren as we enjoyed a stroll along the fairway with a warm summer breeze. So much better than what could have happened—cussing and beating himself up over what he termed, "another (stupid) tee shot."

Even if you're not a golfer, you can appreciate the real-life metaphor. He expected the worst from a situation and began acting as if it had happened—without knowing what the outcome really was!

Do you ever assume the worst in a situation or person without knowing for sure, only to be pleasantly surprised? Do you waste time and energy being upset or frustrated for no reason? What if you were assuming the best—would it make a difference?

I'm not proposing you become the eternal optimist, blind to the realities of life. What I am suggesting is not to make a situation more complicated than it really is. And if you don't know how it really is, you have options—assume the best, assume the worst, assume something in-between, or ask some questions.



Assuming the worst can increase anxiety and stress and the stress chemicals in your body that contribute to aging. And, quite frankly, you're just not as much fun to be around!

So when presented with a situation, check your attitude. It makes a difference.

By the way, it really doesn't matter if the ball was in the bunker, does it? He made a two-putt par—with a smile. 

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Positive Attitude Quotes

A positive attitude helps you in every walk of life. This can help you overcome life's many obstacles with ease. A positive attitude can certainly take you places. Being optimistic about your approach can turn many situations in your favor. So if you were feeling blue when the world turns against you, wouldn't it be a wiser idea to have a positive attitude and face the problems so that they dissolve away! Here is a compilation of positive attitude quotes, which can pep you up when you're feeling blue! Use these positive attitude quotes to translate the most difficult situations into an easy affair.

Positive Attitude Quotes:

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."

– *Francesca Rejler*

"If you don't like something change it; if you can't change it, change the way you think about it."

– *Mary Engelbreit*

"Wherever you go, no matter what the weather, always bring your own sunshine."

– *Anthony J. D'Angelo* (The College Blue Book)

"Challenges are what make life interesting; overcoming them is what makes life meaningful."

– *Joshua J. Marine*

"Every wall is a door."

– *Ralph Waldo Emerson*

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."

– *Kahlil Gibran*

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

– *Thomas Jefferson*

"Positive thinking won't let you do anything, but it will let you do everything better than negative thinking will."

– *Zig Ziglar*

"Reflect upon your present blessings, of which every man has many—not on your past."

– *Charles Dickens*

"Continuous effort, not strength or intelligence, is the key to unlocking our potential."

– *Winston Churchill*

"If your happiness depends solely on external possessions and circumstances, your boat, in the sea of life, will inevitably turn to the safety of the harbor over and over again and you will miss the joy of sailing towards the unknown."

– *Lucy MacDonald*

"I had the blues because I had no shoes until upon the street; I met a man who had no feet."

– *Ancient Persian Saying*

"Attitude is a little thing that makes a big difference."

– *Winston Churchill*

"In the depth of winter I finally learned that there was in me an invincible summer."

– *Albert Camus* (Lyrical and Critical Essays)

"Our attitude toward life determines life's attitude towards us."

– *Earl Nightingale*

"Believe you can and you're half way there."

– *Theodore Roosevelt*

"If you think you can, you can. And if you think you can't, you're right."

– *Mary Kay Ash*

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible."

– *Doug Larson*

"If we shall take the good we find, asking no questions, we shall have heaping measures."

– *Ralph Waldo Emerson* 