

Self-Awareness

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Four Ways to Rewrite Your Autobiography

If tonight was your last night on earth, how would an obituary writer sum up your life? Would people want to use your life as an inspiration or as a warning? Will there be any unexplored chapters that should have been penned in the future?

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Optimism Versus Pessimism – Attitude

We all have moments of optimism and pessimism; what it comes down to is how the scale is tipped. Is your cup half full or half empty? If you feel that you are more of a pessimist than an optimist, are you able to pin point ways you could make a change? Whether you are feeling pessimistic about many things or even just a few, try the steps below to see if you can tip the scales back in the favor of optimism.

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Attitude Drives Altitude

Your attitude drives your altitude—in business and in life. You can't change someone else's attitude for them. But this powerful adage is a great reminder that you can put in front of anyone who requires an attitude adjustment. I want to discuss a few of the many ways each of us can develop a winning attitude each day. It's what leaders do.

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The great majority of men and women have the physical skills to achieve success, but many of them don't have sufficient emotional or cognitive skills. When a person's self-esteem grows their emotional IQ or EQ and readiness to make serious changes also increases.

Cognitive Restructuring has the ability to go deep. It can assist those who are suffering from these problems:

- Phobias
- Lack of goals
- Broken relationships
- Fear
- Worry
- Depression
- Stress
- Anger
- Lack of empathy
- Co dependency
- Alcohol addiction
- Childhood abuse
- Loneliness
- Lack of hope
- Illness
- Compulsions
- Coping
- Rejection
- Self-esteem
- Suicide
- Drug addiction
- Delinquency
- Anxiety
- Lack of ambition
- Procrastination
- Decision making
- Self betrayal
- Self control
- Divorce
- Grieving
- Peer pressure
- Eating disorders

The first and most vital step to take to overcome the above issues and the highest hurdle is self-deception. People who live with self-deception constantly blame others for their many problems. People fail to understand that the biggest problem they have to overcome in life is the battle with themselves. If you're not happy or successful, are you the one to blame? Below are six steps that are necessary for self-improvement. There are no shortcuts and they must be done in order. The single most valuable tool to aid individuals in leaving the old destructive behaviors behind is Manualized Cognitive Restructuring. This is capable of helping men and women overcome faulty thinking and behaviors.

One of the main psychological differences between humans and animals is that humans are capable of being self-aware. That is to say, they can step back from themselves, see and accept their faults and weaknesses. Because of self-awareness, humans can become better and change their lives. Changing habits, thoughts, values, attitudes and behavior is a difficult thing to do. For instance, if you desire to change a hardened criminal into a law abiding citizen the change would have to come from within the criminal. Criminals would have to admit that they are responsible for their actions. As long as they stay in denial they will never improve. To be successful with criminals, you must first help them become self-aware. This "making them aware" process is called reality therapy. You cannot compel criminals to change but you can compel them to become self-aware. Self-awareness is the first step in changing criminal offenders into good citizens. Abide by these steps to make a complete change in your life. Shortcuts are non-existent.

Step 1: AWARENESS

Self-awareness is the very first step in becoming better. It is vital that you admit your weaknesses. You can't change who you are without becoming self-aware.



Step 2: DESIRE

If you don't desire to improve, you will not ever do it. You have free will and, therefore, cannot be compelled. It's up to you; it's your choice. No desire, no change.

Step 3: ATTITUDE

If you're aware of your weaknesses and desire to improve you will automatically lift your attitude. Again, it's your own choice.

Step 4: SKILL

Although they are vital, self-awareness, desire, and a good attitude aren't quite enough; developing the skills and knowledge of how to change is also imperative.

Step 5: BEHAVIOR

Perfect steps one through four and you will be prepared physically to do what's required. Do it for ninety days and it will become a habit. Do it for one year and they will become a part of you.

Step 6: SUBCONCIOUS

When you acquire a habit, it becomes automatic. You don't even have to think about it; you've made the change. Great!

If you keep on doing what you have been doing, you will keep on getting what you have been getting. If you want to change what you have been getting, you are required to change what you've been doing. The primary step in becoming a better person is to defeat denial, bad scripting, and distorted thinking ... the only way to achieve this is through following the above six steps. ©

About the Author: Decades ago, Larry Lloyd founded the American Community Corrections Institute. ACCI sponsors a news blog on the topic of anger management and related issues.



Optimism Versus Pessimism – Attitude

Is Your Glass Half Full or Half Empty?



Are you a glass half full or a glass half empty kind of person? Does it really make a difference? I think it makes a huge difference in your overall functioning and the quality of your life.

Optimism can lead to accomplishment. If you think something is possible, you will generally work harder to achieve it. Believing in the positive allows you to feel good about life in general. Being optimistic can lead to an overall mood of happiness and enjoyment in life. While most optimists understand that not everything works out as planned, they recognize that some good can come from the unexpected.

Pessimism can lead to defeat and despair. When you are doubtful that things will happen or be accomplished, you tend not to try as hard—which then leads to failure. Approaching everyday tasks with a negative attitude quickly leads to a negative outlook on life.

I see optimism in the faces of those with whom I work each day. I think it is this positive upbeat attitude that allows us to be productive and love the work we do with families. Oh, we feel frustrated and concerned from time to time; but we have been in this profession long enough to know that if we just stay positive and wait it out, we will either find a solution or the difficulty will pass. I truly believe that our optimistic attitude is what provides us with our sense of fulfillment, and improves our overall quality of life.


Unfortunately, I encounter many pessimistic people in a variety of settings. It may be that some of those people are just having a bad day; but so often it is a way of life for people. We can become pessimistic about things we have no control over—like the economy and the weather. We do not have control of either; but we can determine what it is about those two things that we do have control over, and take action there. I can manage my own finances, for example, and make sure that I am spending within my means. I can also make sure that I am putting money aside in the event that

something unexpected happens. In terms of the weather, I cannot control the temperature or precipitation; but I can decide how I will dress each day based on what is happening outside. If I spend all of my time focusing on and worrying about all of the things that I cannot change and do not have control over, I create an even bleaker picture; and other parts of my life begin to suffer.

We all have moments of optimism and pessimism; what it comes down to is how the scale is tipped. Is your cup half full or half empty? If you feel that you are more of a pessimist than an optimist, are you able to pin point ways you could make a change? Whether you are feeling pessimistic about many things or even just a few, try the steps below to see if you can tip the scales back in the favor of optimism.

- Make a list of all the things that you are concerned or worried about.
- Determine which of the things on your list you have control over. Cross out the items that are truthfully out of your control.
- Of the remaining items, take some time to think about what you can do to change those situations.
- Choose one or two items from the list, and begin working to improve those situations.
- Take some time every so often to reflect back on your list. Have you been able to make some changes? Are you feeling more optimistic about the items that are left? Are you ready to begin working on another item?

Taking it one step at a time, taking charge of the things you can control, and making changes can lead to a more optimistic attitude. Often times we try to take on too much at one time, which leads to failure and more pessimism. Taking it slow, and working only on the things that we have control over, brings success that leads to more optimism and a willingness to keep moving forward.

I am thankful for the many things I have, and am hopeful that the problems of today will no longer be problems tomorrow. As I sit here gazing out the window at the beautiful sunshine and lack of snow, I am hopeful that this is a sign that spring is just around the corner. It is with this optimism that I can tolerate the endless cold weather that seems to have plagued Michigan for longer than usual this year. It is this optimism that improves my mood, and gives me the hope that strengthens my overall quality of life. 

About the Author: Autism specialist Erin Roan, of the Horizons Developmental Remediation Center, provides practical information and advice for families living with autism and other developmental disabilities. If you are ready to reduce your stress level, enrich your child's development, and improve your family's quality of life, get your FREE reports now at ==> <http://www.HorizonsDRC.com>

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Four Ways to Rewrite Your Autobiography

We all have goals and ambitions in life, but too often we let our dreams slide by without taking action. Use these four tips to move forward and rewrite your autobiography.

If tonight was your last night on earth, how would an obituary writer sum up your life? Would people want to use your life as an inspiration or as a warning? Will there be any unexplored chapters that should have been penned in the future? Even if it's still a work in progress, as the author of your own life, you have the ability to proof read it, make edits, and rewrite it so that it tells the story of the real you. Follow the four keys to a better autobiography, and make some bends in the plot.

Realize the Importance of Self-Image. Self-image is what determines your life. Your self-image can lead you to risk telling the boss about your great idea—or leave you too fearful to ask that attractive person for a date. Your self-image, a deep part of your subconscious, helps you cope with life by determining what you're capable of doing and pushing you to avoid potentially harmful situations. Everything around you affects your self-image, including your friends and family, your experiences, and your history of success or failure. Beware: your self-image has a way of resisting change.

Your chances of achieving your goals, and any hope that you may have, are greatly decreased by a negative self-image. It keeps you planted firmly in a state of mediocrity by sowing seeds of doubt whenever you even think about venturing outside of your comfort zone. Fear can be enabled so that you focus on your past mistakes and possible failure.

Gaining an understanding of the power and purpose of your self-image and taking steps to consciously reprogram it will empower you to change it. Imagine your goals and dreams. Imagine yourself in situations that fill you with serenity and satisfaction. Imagine specific details. As you increasingly see yourself succeeding in personal and business relationships, you will become increasingly able to escape your negative self-image.

Know of Any Recurring Harmful Themes. Do you find yourself being a part of the repeated poor behaviors with the repeated poor results? Do you find yourself endlessly repeating the same behavior with the same results? You're not alone. Strangely, many people fall into a routine that produces the same bad results each day. There is a strange sense of comfort in the routine, although the outcomes are undesirable.

Quite a lot of people don't realize that their negative experiences in life are, in fact, the result of their own attitude and actions and not the behavior of others, as they'd like to put it. Spouses who feel their partners should alter their ways, or bosses who fault others for inadequate results at work, may be habituated to depending on blame rather than facing situations affecting them. These people are going down the same path each and every day, not realizing what they're doing and why they're doing it but damaging themselves and others nonetheless. The realization of this propensity allows for modification of the outcome.

Although it's tough to change patterns you've had since childhood, doing so will give you more control over your life. "Will people listen and respond to the way I'm acting?", is something you can ask yourself when trying to remain positive. "What do other people say about me? What behavior of mine encourages other people to respond positively?" You can replace negative with positive once you figure out what works.



Terminate Negative Behavior. Get rid of negative behavior by identifying patterns of negative thinking. It is necessary to either modify or completely eliminate those patterns of thinking and behavior. If you want a happy and fulfilling life, you must recognize what dissatisfies you, what annoys or angers you, then take matters into your own hands so you can change.


It is easier to say than to do. Taking the necessary steps to eliminate or change long-held attitudes and behaviors will probably be one of the most difficult things you ever undertake. Counterproductive, self-destructive patterns in our lives can become entrenched and gain great control over you. If left unchecked, they can control your entire life. It won't be easy to break free, but you must if you are going to grow personally and professionally.

Seek the assistance of others. Since the people around you probably know your negative patterns as well as or better than you do, ask your closest friends to help you find those patterns and start making healthy changes. This is perhaps the best time ever to make a list for yourself. Jot down your worst ten habits and then reward yourself by crossing them off when you have stopped doing them. You will have relapses of bad behavior when you don't expect them; keep that in mind.

Live with Great Spirit. Your self-image may be negative, but your spirit sees unlimited positives. The spirit is heightened when you come across people full of energy and have a great passion for their life. Take a glance at the children around you. They don't see limitations. When asked what they want to do in the future, they reply with "basketball player", "surgeon", or "sailor"—they are so full of life. Because they are too young to understand the limitations adults put on themselves, they live with great spirit.

Your spirit knows that there are still great things in your future. It makes you feel invincible to life's hooks and jabs. Your world is one of limitless possibilities when you are living in the spirit. Of course you'll still have problems, but you won't be paralyzed with worries about them.

Anything seems possible. Life is enjoyable, uncomplicated, connected to the moment, and full of peace. Family life is intimate, comfortable, and relaxed. Work is all around, abundant, and simple. Your energy level is high. Clear, focused, and determined are attributes of your mindset.

A potent spirit unites all those with successful lives. Turn your autobiography into a best seller by tapping into your spirit! 

Glen Gould is a business growth and networking expert who works with Fortune 100 companies and chambers of commerce to grow their business through effective systems and word of mouth marketing.

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Attitude Drives Altitude



Your attitude drives your altitude—in business and in life. You can't change someone else's attitude for them. But this powerful adage is a great reminder that you can put in front of anyone who requires an attitude adjustment. I want to discuss a few of the many ways each of us can develop a winning attitude each day. It's what leaders do.

Marcus Aurelius, the great philosopher who ruled the Roman Empire, said it simply: "Our life is what our thoughts make it."

Dale Carnegie, speaking to that quote said: "Yes, if we think happy thoughts, we will be happy. If we think miserable thoughts, we will be miserable. If we think fear thoughts, we will be fearful. If we think sickly thoughts we probably will be ill. If we think failure, we will certainly fail. If we wallow in self-pity, everyone will want to shun us and avoid us."

Am I advocating a Pollyanna attitude toward all our problems? No. Life isn't that simple. But I am advocating—in the strongest terms—that we take on a positive attitude instead of a negative one.

Mental attitude—the power we hold in our heads. Real life can be changed dramatically by a single thought. In nutrition the adage is you are what you eat. In terms of leadership, it's more likely you are what you think. Counter to what people want to believe, outside influences don't usually drive your happiness or success, rather it is how we react to those influences—good or bad. So how do you alter your reactions to those outside forces?

Make how you react a conscious priority, which means practice daily.

Humor is vital. When things are going south, keep everything in perspective and relax. I laugh. Others throw up their hands. Whole industries get very cynical.

Positive self-confident feelings not only help you get more; they also make others want to be associated with you. People are drawn to others who have an energetic outlook, who have a can-do attitude. Constant nay sayers don't collect an easy following.

One of a leader's most important jobs is to set a positive and self-confident tone, show the attitude that failure is not an option. A positive attitude is the cornerstone of leadership. It's the same confidence that a quarterback, a golfer, or a gymnast projects every time they come out of the locker room.

To obtain strength from the positive and not be sapped by the negative, here are a few ideas:

Focus on the 90% of your team who will run with your outlook and your plan—don't let the "negative nellies" drown you or contaminate your team.

Tap your spiritual essence at work too—use your spirit and your heart to guide you and your work forward.


Break the negative energy cycle—if you see yourself spiraling down or in a rut, mix it up, break up the routine and do something fast that lifts you up. When you see one of your staff members in a rut of unproductive or unprofessional behavior fix it, don't let it fester.

Active listening—takes time. Work at it to hear what your staff wants. Many times just by being heard, problems can go away and people really make a big turnaround.

You must be the emotional manager of your office—not your assistant, not the new young blood you just hired. In a family, parents must be the emotional managers or chaos rules the home. In your business, you must manage it, albeit reluctantly at times. It's part of your leadership duty and power. Refine it, as well as your attitude to external events, and you'll see the culture around you shift to the positive.

Jim Collins points out in *Good to Great*: "When in doubt, don't hire—keep looking. You can't grow revenues consistently faster than your ability to get enough of the right people to implement that growth and still become a fabulous company. So unless candidates for the open position have that can-do attitude and are a strong fit for your company in who they are—don't hire them. The skills can be taught; the over the top positive attitude cannot."

Someone put it recently: "The prerequisite is attitude. Attitude is the one thing we can't change in employees. You've got a good attitude or you don't. Given adequate ability and desire to learn, everything else can be taught to employees with good attitudes. I have tried many times to teach good attitudes and have come to the conclusion it is about as easy as making a mud fence."

A negative attitude will drag you down and with it your professional results. A positive attitude will pull you over the rough spots and energize you to lift your results to new heights—to match your vision. Whether you need an attitude adjustment a million times a day, once a week, or only once in a while, never forget that your attitude determines your altitude. Don't let outside people or events bring yours down. 

About the Author: Todd Gaster is a Master Practitioner and Trainer of NLP and Hypnosis, a Master Coach of NLP and a Brian Tracy Business Coach. To get your free e-book on *How to Program Your Destiny* go here now! ==> <http://program-your-destiny.com>