

# CHALLENGE

A Herff Jones IMPACT Resource For Students

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## MARCH CHALLENGE

*Give Your Positive Attitude To Others*



As a leader, when you are frustrated with the behavior and attitudes of others, you may be tempted to give them “a piece of your mind.” This is understandable, but it is a better policy to give them “a piece of your positive attitude.” When you do this, it may allow others to have an attitude adjustment. More than likely, the receiver of the positive attitude will feel better and so will you.

It is true that one can keep their positive attitude by giving it away. When it comes to giving your positive attitude to others you can be generous and selfish at the same time. Everyone has opportunities each day to give their positive attitude to others. Everyone ends up a winner by sharing his/her positive attitude with others.

Listed below are different ways people can share their positive attitudes. Some may appeal to you and others may not. Pick three that fit your style and that you are willing to incorporate into your behavior.

1. Go out of my way to visit friends who may be having trouble with their attitudes
2. Be positive around those with whom I have daily contact
3. Transmit my positive attitude to others whenever I use the telephone
4. Share my positive attitude by sending token items such as cards and flowers to those for whom I care
5. Share my sense of humor with others
6. Be more sensitive as a listener so others can regain their positive focus
7. Laugh more so my attitude will be infectious and others will pick up on it
8. Communicate my attitude through upbeat conversations, paying compliments to others, etc

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9. Give my positive attitude to others by setting a better example of a positive person.

### PLAY YOUR WINNERS



Use this approach to help you adjust and maintain a positive attitude. A good motto is “play the winners and do not waste time trying to promote losers.” Everyone has winners and the more that one focuses on them the better.

All of us at some stage of life have to deal with both positive factors (winners) and negative factors (losers.) If not alert, losers can push your winners to the background. When this happens, it is possible to waste energy by dwelling on your misfortunes. Allowed to

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continue, your outlook may become increasingly negative and your disposition will become sour. **Only you can change your attitude. Your challenge is to push the losers out of the way.** Here are three simple suggestions:

1. **Think more about your winners.** The more one concentrates on the things that they do well in life, the less time one will have to think about the negative. This means that because your negative factors (losers) receive less attention, many of them may resolve themselves.
2. **Talk about your winners.** As long as one does not overdo it (or repeat themselves to the same person) the more one verbalizes the happy, exciting things in your life the more important they will become. Those who drone on about the losers (negatives) of their situation do a disservice to their friends who have to listen to it. Also, negative attitudes are perpetuated. By playing losers over and over, people become even more negative.
3. **Reward yourself by enjoying the winners.** If one enjoys nature, drive somewhere and take a nature walk as a reward or go to a movie if that is a passion. If it is sports, organize a game.

One should play their winners every time that one thinks or talks about them, but obviously the best thing is to enjoy them.

## WINNERS EXERCISE

List five positive factors in your life (include people, activities, or anything else that keeps you positive.) Where possible, use a single word. After completing the list, remember that you have just demonstrated that there are powerful, beautiful, positive factors (winners) in your life. They are your winners - **PLAY THEM.**

### REMEMBER:

1. **Our attitude is constantly under pressure from shock waves, image problems and other factors**
2. **Attitude maintenance is a daily and weekly process in which everyone needs to engage. Despite our best efforts, a major attitude renewal becomes necessary now and then**
3. **It is important to know how much of an overhaul or tune up may be required so it can be intelligently planned.**

## ATTITUDE: YOUR MOST PRICELESS POSSESSION

1. In some roles, such as team building, attitude is more important than talent.
2. Leaders who follow certain attitude-building principles such as attitudes are measurably more successful.
3. The process of attitude renewal should start immediately after a defeat or failure.
4. Everyone has the capacity to find some positive in almost any circumstance.

5. A positive attitude is the key to success in any problem solving procedure or major lifestyle change.
6. With a consistently positive attitude, it is possible to win the game of life in all directions: personal satisfaction, strong relationships, and success in a meaningful career.



*"Happiness cannot come from without. It must come from within."  
~Helen Keller*



*"Keep trying to win; keep playing the game; but keep room in your heart for a song."  
~Grantland Rice*

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