

# UNIT IV

## ATTITUDE



Thomas Edison once said, “There is much more opportunity than there are people to see it.”

What does he mean?

Does anyone know who Roger Bannister is and what is significant about what he accomplished?

In 1954, he broke the 4 minute mile for the first time in history. Nobody thought it was possible, until then. Within the next year, dozens of people were breaking the 4 minute mile just like Roger.

What is the correlation between Roger breaking the four minute mile for the first time, and then dozens breaking it immediately after him? New type of shoe? New sports drink?

It was because the world was convinced it couldn't be done. This is an example of a self-limiting belief. Self-limiting beliefs lead to self-defeating behaviors – like no one pushing themselves to break that time.

From John Maxwell's *The Winning Attitude*: “While still young and weak, an elephant is tied by a heavy chain to an immovable iron stake. He discovers that, no matter how hard he tries, he cannot break the chain or move the stake. Then, no matter how large and strong the elephant becomes, he continues to believe he cannot move as long as he sees the stake in the ground beside him...many intelligent adults...are restrained in thoughts, actions and results. They never move further than the boundaries of their self-imposed limitations.”

What are some other self-limiting beliefs?

What are **YOUR** self-limiting beliefs?

If you have ever started driving a different type of car that you have never driven before, chances are you will begin to notice every other car on the road of that same model. Similarly, when you are in an airport, with all the noise and chaos, you can still hear your name on the intercom even though you aren't paying attention. We have a radar mechanism in our mind called the Reticular Activating System. It also filters our thoughts/beliefs. If we are convinced something bad is going to happen, this radar mechanism filters in things that we can immediately connect to our belief. This is followed by self-talk such as "I knew that was going to happen" or "that always happens to me", etc. The good news is we can have a similar response with positive thoughts and beliefs. We just need to choose to think positively.

#### Practical advice 1:

- State the self-limiting belief and all self-talk associated with it (e.g. I can't beat this guy. I am not helping the team right now.).
- State the exact opposite (I can beat this guy. I am going to help the team right now.).

A survivor of a Nazi concentration camp, Victor Frankl, said, "The last of the human freedoms is to choose one's attitude in any given set of circumstances." Our attitude is often connected to our thoughts and beliefs, which are often simply our opinion. If our opinion of our self is negative and self-limiting, it will probably lead to self-defeating behaviour.

Gary Mack – "How we think affects how we feel, and how we feel affects how we perform."

Is this true?

John Maxwell again: “We are either the masters or the victims of our attitudes. It is a matter of personal choice. Who we are today is the result of choices made yesterday. Tomorrow we will become what we choose today. To change means to choose to change.”

Psychologist Carol Dweck, in her book *Mindset*, defines two mindsets:

1. **Growth Mindset:** based on the belief that your basic qualities are things you can cultivate through your efforts.
2. **Fixed Mindset:** based on the belief that your qualities are carved in stone, which creates an urgency to prove yourself over and over.

Take a moment and think this one through. In what areas of our life do we have a “growth” or “fixed” mindset?

She explains:

1. “Those with the growth mindset found success in doing their best, in learning and improving. And this is exactly what we find in the champions.”
2. “Those with the growth mindset found setbacks motivating. They’re informative. They’re a wake-up call.”

### Practical Advice 2:

- If things in our sport or in life seem to be closed off to us, don’t dwell on what we can’t do. Instead, make of list of things you can do. If you don’t get much playing time, focus on what you can do, and do it to the best of your ability. Strive to develop a growth mindset.

Part of having a positive attitude is learning to be grateful for all the blessings in our life.

Write down 10 things/experiences you are thankful for, and 10 people in your life you are thankful for.

- |     |     |
|-----|-----|
| 1.  | 1.  |
| 2.  | 2.  |
| 3.  | 3.  |
| 4.  | 4.  |
| 5.  | 5.  |
| 6.  | 6.  |
| 7.  | 7.  |
| 8.  | 8.  |
| 9.  | 9.  |
| 10. | 10. |

*I can do all things in Him who strengthens me. Philippians 4:13*

How well do we believe this? Do we believe we can be happy living the Christian life...waiting to have sex until marriage, not getting drunk, giving to others until after it hurts, etc?

In life, many times our attitude can turn negative when we face a hardship and experience suffering.

*Pick up your cross daily and follow me.* Luke 9:23

Why does Jesus say this? Is He a cruel Savior?

The wisdom of the Church and Her saints tells us that every cross in our life is an affectionate gift from our Lord.

How might this be true?

Being true doesn't automatically make the experience easier, does it? What should we do in the times of suffering?

**Job 2:9-10** – Then his wife said to him, “Do you still hold fast your integrity? Curse God and die!” But he said to her, “You speak as one of the foolish women speaks. Shall we indeed accept good from God and not accept adversity?”

Mother Teresa said suffering was a wasted gift. **Why?**

**Col 1:24** – Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ's afflictions for the sake of his body that is, the church.

**Why should we as Christians have a positive attitude?**

**Jn 10:10** – I came that you may have life and have it abundantly.

**Jn 12:24** – Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

**Philippians 3:13-14** – Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

*In giving we receive* – St. Francis of Assisi.

**Where does your attitude need a swift kick?**

**Close with Philippians 2:3-8:** Do nothing from selfishness or empty conceit, but in humility regard others better than yourselves; do not merely look out for your own personal interests, but also for the interests of others. Have this mind among yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a slave, and being born in the likeness of men. Being found in human form, He humbled Himself and became obedient unto death, even death on a cross.

**Challenge: Thank the Lord for this day, and look for opportunities to serve with humility.**