

The Power of Self-Reflection and Knowing Yourself

BE THE
BEST
YOU YET!

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Can you do this?



Can you describe your attitude to life in one sentence?

Are you a CAN DO person or a CAN'T DO?

Are you a glass half full or glass half empty person?

Do you see what's possible or impossible?

The truth is life's not this black or white. We're often between these spectrums of extremes.



"A positive attitude is **common sense**, but not always **common practice**."

So, how do we learn and develop our attitude to achieve more happiness and success?

Most of us will already have very set ideas and patterns of behaviour taken from our own experiences and emotions as well as through observing others, such as parents, teachers and others, and then either mirroring their behaviours or acting against them.

As a consequence, who we are and how we act become habitual and our personalities are formed.

The great news is that no habits are ever set in stone; all habitual ways can be dropped, changed or improved (and the ones we love can get even better).

The first step in improving your attitude is to examine how it works, what you believe, and understand the immense impact and effect this has on you and your life.

QUIZ: Your Attitude -Check It!

It's worth knowing where your attitude is right now...



Just answer the next 10 questions and find out your views on positive versus negative, optimistic versus pessimistic thinking and begin to work out the impact this has on your life? The first step to positive change.

Tick the statement you believe is true - A or B?

Q1.

- A** - People just have to accept me as I am and what you see is what you get, its set.
B - I adjust my attitude to match the person I'm with and situation I'm in, I'm flexible.

Q2.

- A** - I always have a choice about my attitude and how I behave.
B - My attitude is fixed and was formed years ago. I don't have a choice now.

Q3.

- A** - If I change my attitude I can bring about changes in other people and circumstances.
B - People and things will be as they are going to be whatever I do.

Q4.

- A** - My feelings and attitude just happen to me and are out of my control. I react to life and people.
B - I fully control my attitude and what happens to me.

Q5.

- A** - My attitude is a major factor in my success and happiness.
B - My attitude is a minor factor in my success and happiness.

Q6.

- A** - I believe other people mainly cause my problems.
B - I believe I cause my own problems (and I am responsible for the solution).

Q7.

- A** - My attitude and characteristics were fixed from an early age in my childhood.
B - My attitude and characteristics will change and evolve throughout my life.

Q8.

- A** - I can grow from failure.
B - When I fail there is no gain, I move on quickly.

Q9.

- A** - I live in the day and let my future happen.
B - I consciously plan my future in advance.

Q10.

- A** - My thoughts come out in all I do and say.
B - My thoughts are private and mostly hidden from others.

SCORE SHEET



ANSWER	POINTS	ANSWER	POINTS
1A	0	1B	1
2A	1	2B	0
3A	1	3B	0
4A	0	4B	1
5A	1	5B	0
6A	0	6B	1
7A	0	7B	1
8A	1	8B	0
9A	0	9B	1
10A	1	10B	0

A score of: 8-10
WELL DONE YOU!

You're in tune with yourself. You have a positive attitude and are consciously aware of how your attitude affects the outcome and therefore your happiness and success. Having a Mind Makeover will help you further improve, grow and strengthen your positive approach to life.

A score of: 5-7

At times you are aware of the role and power of your 'attitude' but at times you're not and you let go of your superpower (attitude). Aim to develop a consistent positive attitude and you will lower your stress levels and heighten your feel-good and results.

A score of: 5 or less

You will benefit by questioning your thoughts on the importance and impact your attitude has on your results, happiness and success. Decide to take charge of your super superpower (Attitude).

Whatever your score; there is always room for development and further growth for each of us. Is your current attitude giving you your best life yet? Give yourself a Mind Makeover and trust me it will!

"The biggest goal in the world is
the goal for improvement"



**The biggest choice we make in life is the one about the attitude we have...
We all have the same choice, to live life with a positive attitude or with a
negative one? to live your life being an optimist or a pessimist?**

You always have a choice and it's a critical choice because it will give you:

- Attitudes that are either positive or negative?
- Thoughts that are life enhancing or diluting?
 - Perceptions that are good or bad?
 - Beliefs that are limiting or limitless?
- Experiences that you view as failures or lessons learnt?
 - Self-worth that is strong or weak?
 - Self-talk that is your friend or your enemy?
 - A focus on what is possible or impossible?
 - Happy or sad moods and emotions?
 - Motives that are sound or unsound?

THOUGHTS BECOME THINGS

Make your thoughts empowering ones that support and motivate you.

Whether you think you are capable of great things or whether you think you are not capable of great things, you are right!

Frighteningly, with both sets of thoughts, can or can't, you are right both times. What you think will always evolve into who you become. So always tune into this immense power that is your attitude and be aware that with your thoughts you create your existence and your world.

You always have choices and often the only choice you need is to choose your attitude and make it a positive one!

Your choice is always completely your choice and your decisions always completely your decisions, because your mind is yours and yours alone.

