

Class for 4/6/2020

Self-Management The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

Need a reading and question to ask what situation did you find and how did you over-come that issue.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

Learning to Control Your Attitude

1 Understand how your attitude affects your life. Your attitude towards life determines how happy or unhappy you are. You can't always change what happens to you, but you can change how you react to what happens to you.[1] You make a choice each time you are faced with a situation.

- For instance, say you get a flat tire. Nobody likes dealing with a flat, but you have options for how you react to the situation. You can get mad and throw a fit, elevating your blood pressure, and then go get your tire changed. If you get mad, you'll spend some time very unhappy.
- On the other hand, you can chock it up to a normal part of life, take a deep breath, and go get your tire fixed. By not reacting, you won't spend that time angry. In fact, you can turn it into something positive. Maybe while you're fixing your tire, you can catch up on a good book you haven't had a chance to read in a while. [2]



2 Frame events in a positive way. The way you talk about events can affect your attitude. For instance, if you talk or think about an event in a negative way, you'll continue to think about it in a negative light. However, if you talk about it positively, you'll begin to change your attitude about it.[3]

- For example, say you get an upsetting email early in the morning. You could think, "Well, that means this day is going to be awful." On the other hand, you could think, "Well, that was bad, but my day can only go up from here." The event remains the same, but how you think about it moving forward can affect your attitude.

3 Change your language. Words such as "I can't do that" encourage you to think that way. If you say something is impossible, you'll likely believe it. Instead, use positive language, such as, "I can do this if I take it step by step." [4]


4 Be proactive instead of reactive. In every situation, you have another choice: you can complain, or you can do something about your problem. Complaining makes you Page 2 of 3 unhappy but taking action will almost always make you feel better about the situation. It makes you feel productive and like you are actually getting something done because you are.

5 Enjoy the small things. Like most people, you may focus on your big goals all the time, always looking forward to the next vacation or next holiday. While looking forward isn't inherently bad, it can sometimes cause you to overlook the joy in your everyday life. A piece of cake or a walk with a friend is a simple, everyday pleasure that you may not value if you're only thinking about what's ahead. Instead, try to be in the moment, and take joy in what you're doing.[5]

- For instance, if you find your mind racing to your next vacation while having a chat with your friend, pull yourself back to the moment. Truly listen to what your friend is saying instead of letting your mind wander.

6 Practice gratitude. Gratitude is essential for a good attitude because it helps you appreciate the good things you have in your life. Instead of focusing on





what's going wrong, practicing gratitude teaches you to focus on the good things.[6]

- Take time each time to think about what you are thankful for. Maybe you can come up with three things each day that you appreciate, and write them in a journal.[7]

7 Stop reaching for the next big thing. If you're always on the lookout for the next TV, the next smartphone, the next nice car, you won't appreciate what you have. You are placing your happiness in what you don't have instead of what you do have, which means you'll feel like you're always searching for something that will make you happy.[8]

- In other words, instead of thinking, "I have to have that awesome new phone," try instead to think, "You know, this phone I have is really amazing. A phone 10 years ago wouldn't have done nearly this much."

8 Combine fantasizing about goals with realism. Popular belief states that if you can imagine yourself achieving a goal, it helps you get there. However, studies have Page 3 of 3 shown that if you only imagine the end goal and happiness, it may actually slow down your progress.[9]

- Instead, take a few minutes to imagine the end goal. However, you should also spend some time thinking about the obstacles in your way, as it balances out the


For changes to be of any true value, they've got to be lasting and consistent.

We've all experienced change for a moment, only to feel let down and disappointed in the end.

In fact, many people attempt change with a sense of fear and dread because unconsciously they believe the changes will only be temporary.

A prime example of this is someone who needs to begin dieting, but finds himself putting it off, primarily because he unconsciously knows that whatever pain he





endures in order to create the change will bring him only a short-term reward. For most of my life I've pursued what I consider to be the organizing principles of lasting change, and you'll learn many of these and how to utilize them in the pages that follow. But for now, I'd like to share with you three elementary principles of change that you and I can use immediately to change our lives. While these principles are simple, they are also extremely powerful when they are skillfully applied.

These are the exact same changes that an individual must make in order to create personal change, that a company must make in order to maximize its potential, and that a country must make in order to carve out its place in the world.

In fact, as a world community these are the changes that we all must make to preserve the quality of life around the globe.

STEP ONE Raise Your Standards

Any time you sincerely want to make a change, the first thing you must do is to raise your standards. When people ask me what really changed my life 30 years ago, I tell them that absolutely the most important thing was changing what I demanded of myself. I wrote down all the things I would no longer accept in my life, all the things I would no longer tolerate, and all the things that I aspired to becoming. Think of the far-reaching consequences set in motion by men and women who raised their standards and acted in accordance with them, deciding they would tolerate no less. History chronicles the inspiring examples of people like Leonardo da Vinci, Abraham Lincoln, Helen Keller, Mahatma Gandhi, Martin Luther King, Jr., Rosa Parks, Albert Einstein, Cesar Chavez, Soichiro Honda, and many others who took the magnificently powerful step of raising their standards. The same power that was available to them is available to you, if you have the courage to claim it. Changing an organization, a company, a country— or a world—begins with the simple step of changing yourself.

