

PERFECTING YOUR ATTITUDE

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Proverbs 4:25-27

It is hard to manage your attitude when your life is dysfunctional. It is difficult to control your attitude when your life is spiraling out of control. It is **NEARLY** impossible to perfect your attitude when negativity surrounds you. However, in order to increase the quality of your life, perfecting your attitude is a **MUST!**

Bad things are going to happen. Negative circumstances will occur without your permission. People are going to say awful things about you. These are the inevitable factors of life. However, with all of these factors you are not without a solution.

Your attitude can control how you feel, what you think, how you respond and what you will ignore. Perfecting your attitude **DAILY** is the solution for handling the

negativity life throws at you. Perfecting your attitude is a daily grind.

Your attitude is influenced by the music you **LISTEN** to.
Your attitude is influenced by the books you **READ**. Your attitude is influenced by the people who are in your **CIRCLE**. Your attitude is influenced by the television shows you **WATCH**.

You may feel you have the freedom to have whatever you want, however, this is not true. Everything you do creates a reaction. Something as simple as listening to a song can determine how you respond in a casual conversation.

For example, have you ever listened to a love song and in an instant your attitude towards your mate becomes sexy and sensual? Your attitude is like a fragile piece of glass. It deserves to be treated with **CARE** and **SENSITIVITY**.

WHAT ARE YOU FOCUSING ON?

Proverbs 4:25-27

Proverbs 4:25-27 says, *"Keep your eyes focused on what is right, and look straight ahead to what is good. Be-careful what you do, and always do what is right. Don't turn off the road of goodness; keep away from evil paths."*

The things you focus on control your attitude. The words you internalized shape your attitude. In order to perfect your attitude, **MONITOR** what you **FOCUS** on. For example, if you focus on the Word of God your attitude will be full of hope. However, if you focus on the world's problems your attitude will be full of despair.

A poor person who focuses on the right things will have a better quality of life than a rich person who focuses on the wrong things.

WHAT ARE THE RIGHT THINGS?

The right things are things that please, comfort and bless you. For instance, you may not have the money you need. However, you got people who love and trust you. **FOCUS** on that. You may not have the car you want. However, you have the health to get around when you want.

FOCUS on that.

You may not have found the love of your life. However, you may have good friends who love you. **FOCUS** on that. You will not receive everything you want in life. This is a known truth but you can make the best out of what you have.

WHAT ARE THE WRONG THINGS?

The wrong things are the things that discourage, depress and hurt you. Unfortunately, many people focus on painful memories, past heartbreaks and unfavorable losses. As

human beings we tend to focus on the negative and not the positive. The news builds its ratings reporting negativity, not hope.

Television shows attract viewers by promoting violence, despair and drama, not inspiration and righteousness. The attraction people have to what is wrong explains why its hard for most individuals to perfect their attitudes. If you can learn how to focus on the good things in life and **IGNORE** the bad things you will be amazed at how the quality of your life improves.

HERE'S WHAT I MEAN:

- When you are able to **KEEP YOUR PEACE** when everyone around you is worried the quality of your life will improve.
- When you are able to **REJOICE OVER YOUR TROUBLE** when others are complaining about it the quality of your life will improve.

- When you are able to **KEEP AN OPTIMISTIC** attitude when your life seems to be falling apart the quality of your life will improve.
- When you are able to **STAY GRATEFUL** for what you have instead of becoming angry over what you do not have the quality of your life will improve.
- If you are able to **REMAIN THANKFUL** for what you have instead of becoming resentful over the things you lost the quality of your life will improve.

**PERFECT YOUR ATTITUDE BY CONTROLLING
YOUR FOCUS!**

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