

Week 7-PMA

Day 2

React? Respond?

To have a positive mental attitude does not mean going through your day smiling at everyone. It means that you respond to situations and not react to them.

You go to the doctor; medicine is prescribed and your body has a bad reaction to this medicine. This is a bad thing!

You go to the doctor; medicine is prescribed and your body responds to this medicine. This is a good thing!

Let me give you another example. Baseball player Adam, strikes out. He goes into the dugout and throws his helmet and bat. His mama, back in the bleachers, comments to the other mamas how competitive Adam is! Baseball player Benny, strikes out. He goes into the dugout and puts his helmet and bat in the appropriate place in the appropriate manner. Benny then stays after the game to practice hitting the pitch that he missed. His mama back in the bleachers patiently waits for him!

Adam reacted!! Benny responded!!

Bad things happen to all of us. To respond to these bad situations shows the quality of having a positive mental attitude.

Let me share a personal story. I coached at the University of North Texas and was fired. The first call I received after the news went public was from Grant Teaff. He was the legendary football coach at Baylor University. He told me that this was a great opportunity for me. People would be able to tell what kind of person I was by the way I responded to this situation. The second phone call I received was from Zig Ziglar, renowned motivational speaker. He told me that this was great news for now I could go to work for him. I actually did go to work for him and ultimately co-authored a character curriculum. I have spent the rest of my life promoting character education.

This week, when something bad happens, RESPOND!

“When we are no longer able to change a situation, we are challenged to change ourselves.” Viktor Frankl
How are ways we can “change ourselves?”

When good things happen in your life, is it important how you respond or react? Explain your thoughts.

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Day 3

Flea Trainer

This may surprise you, but you will never have success until you learn to train fleas. You train fleas by putting them in a jar with a top on it. Fleas jump, so they will jump up and hit the top over and over again. As you watch them jump and hit the top, you will notice something interesting. The fleas continue to jump, but they are no longer jumping high enough to hit the top. Then, and it's a matter of record, you can take the top off and though the fleas continue to jump, they won't jump out of the jar. They won't jump out because they can't. The reason is simple. They have conditioned themselves to jump just so high and that's all they can do.

Man is the same way. He starts out in life to write a book, climb a mountain, break a record or make a contribution. Initially, his dreams and ambitions have no limits, but along the roadway of life he bumps his head and stubs his toe a few times. At this point his "friends" and associates often make negative comments about life in general and him in particular and as a result he becomes a SNIOP. A SNIOP is a person who is Susceptible to the Negative Influences of Other People. You begin believing what they say about you.

In case you missed the point, a flea trainer is a person who jumps out of the jar. He is driven from within and by doing his daily objectives and goals, he overcomes the SNIOP effect.

What is it that keeps you from jumping out of the jar?

Who are those who prevent you from jumping out of the jar?

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Day 4

Ignore the Noise

I worked for Zig Ziglar, the motivational speaker for about a year. On one of his speaking tours, a lady came up to me expressing a great need to speak to Zig before he went on stage. Being the kind hearted man he was, he explained that he only had about 10 minutes to talk. The lady told him that she hated her job and was on the verge of quitting. He calmly told her to get some paper and a pen and write down 10 things that were good about the job. She told him quickly that there weren't 10 things to write down. He guided her by asking if her job paid well. She said that it did. What about health insurance? Well, yes. The company offered good insurance. Quickly, there were 10 things listed.

Time passed. A letter came for Zig from this lady in Atlanta. She was amazed at how much the company had changed for the better after she went to his seminar. She was very happy with her place of employment.

Do you think the company changed or the lady?

Bill Belichick is the head football coach for the New England Patriots of the National Football League. He is responsible for many quotes. One that is quite concise yet profound is, "Ignore the noise."

For a football team, the noise would anything that detracts from being successful: newspaper articles, referees, bad weather.

What do these two stories have in common? Being positive, being successful with your life is much easier by "ignoring the noise". Don't listen or dwell on the negative comments or circumstances. Concentrate on the positives.

What are ways in your life where you can "ignore the noise"?

Explain how ignoring the noise can help you respond to circumstances rather than react?

Week 7 – Positive Mental Attitude

Day 5

Evaluate Your Week

We've been focused on "Positive Mental Attitude" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Positive Mental Attitude" this week.

Of the three stories, "React or Respond," "Flea Trainer", "Ignore the Noise", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____