

HOW TO DEVELOP A POSITIVE MENTAL ATTITUDE



VIDEO
TRANSCRIPT
SEVEN



COACHING ACADEMY SPECIALIST
Where Small Businesses Grow

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Positive Mental Attitude

We're going to talk about Positive Mental Attitude (PMA) and its importance in the success of your business. And it is mammoth; it is absolutely, colossally important.

Positive Mental Attitude – you've got some; that's for certain or else you wouldn't be in business. So is that it? Of course not. Because the most successful businesspeople I've met, and goodness knows I've met quite a few – the most successful ones have more positive attitude in abundance than anybody else. And that is what helps define the success of their business.

So whatever level of attitude you've got, it's bound to be good. But to exceed your expectations and to exceed the standards that you might even set for yourself, it will be determined by your level of Positive Mental Attitude.

So is it possible to 'up the level of your attitude? Is that possible? For certain, it is. And the good news is that you and only you are in control. In fact, you and only you are the one who will determine the level of attitude that you can take it to. And the level you take it to will define the level of success in your business and in your private life.

Now, to raise this level of attitude, you need to understand how you got to the current level you're at. And to do that, I'm going to start by telling you that you were born to succeed. Total success is what you were born for. And yet, if that's true for you and for everybody else, how come so many people fail? They fail – why do they fail? They fail because their high level of PMA was beaten out of them at a young age.

It's sad, it's a shame, but that's exactly what happens. Beaten out of them by whom? Beaten out of them by the people who loved them: Their teachers, their parents, their brothers, their sisters, their cousins or aunts, their neighbors, Sunday school teachers, everybody they came in touch with. They told them that they were too tall, were too short, too fat, too thin, not bright enough, not educated enough, doesn't have enough money.

They keep telling us all these things – to prevent us from being a success. And why would they do that? It's because they love us. They don't want us to fail. So they start giving us all the reasons why, giving us alibis before we set foot, outside give us alibis before we set out into the world of all the reasons why we're not suitable for that challenge.

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That is what has filled our head with negativity.

But the great news is that we can change all this. We have a right now to choose how we want to be.

You've got talents, gifts, and abilities, you've also got the right to choose. So you can choose how you think, you can choose how you feel, you can choose how you act, you can choose what your aspirations are. It's yours and nobody else's.

So having decided on that, you've also got your experiences. You've had experiences that you've coped with, whether they were with money, with your business, your health, perhaps you've challenges with obsessions whether it is drink, drugs, gambling or sex.

Whatever the challenges you've had, you've coped with them to the point where there are times when you wondered how you could cope with them. And yes, you have. And there are millions of people out there today who would pay good money to know how you've coped, which you have done. And it is with those talents, gifts, and abilities, and the experiences you've had and the right to choose that will enable you to kick forward.

So to help develop your attitude to the next level, there's a couple simple things you should do.

First of all, acknowledge that you need to be mentally and physically fit. To be mentally fit, you have to first of all be physically fit. So it is a really good idea that you decide to take some exercise. Not to an excess, but take sufficient exercise to get some healthy oxygen to your brain. The reality is that your brain represents no more than 2 percent of your body weight, yet uses some 20 percent of the oxygen. So what you must do is send some healthy oxygen up there.

So you have to be physically and mentally fit. Successful businesspeople are getting ideas all the time and because they have a healthy brain and a good physical body to go with it. They're able to take immediate action.

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You see – you often hear the guy in the pub saying, “I had this idea.” And that’s all it was, an idea, whereas the successful businessman – they get ideas and take action. When they find an idea that’s compatible with their goals and their targets and their dreams, they take action. And the guy in the pub just talks about it as an idea.

So yes, you need to have a good healthy mind and a good healthy body.

The other thing you want to do to help your mind is that when you go to sleep at night, the good news is that your brain doesn’t. And yes you can give it a little bit of work to do while you’re resting. And a good exercise to do is the last thing at night before you go to sleep is think – start off by thinking of no more than three of the best things that happened that day.

And the reason I say that is so many people go to sleep thinking about what they didn’t do, think of the promises they made, they think of the things that went wrong, think of what they have to do the next day, thinking of trouble, thinking of negative stuff.

And what I suggest you do is you think of the three best things that happened during the day, three little success stories whatever they might have been, and then you nod off to sleep. It’s remarkable.

So, what’s the first thing that’s going to come into your mind in the morning? The three best things that happened the day before. What a great way to start the day. So you can practice these simple exercises to help develop and grow an improved Positive Mental Attitude.

DON'T FORGET TO WATCH THE “POSITIVE MENTAL ATTITUDE” VIDEO.