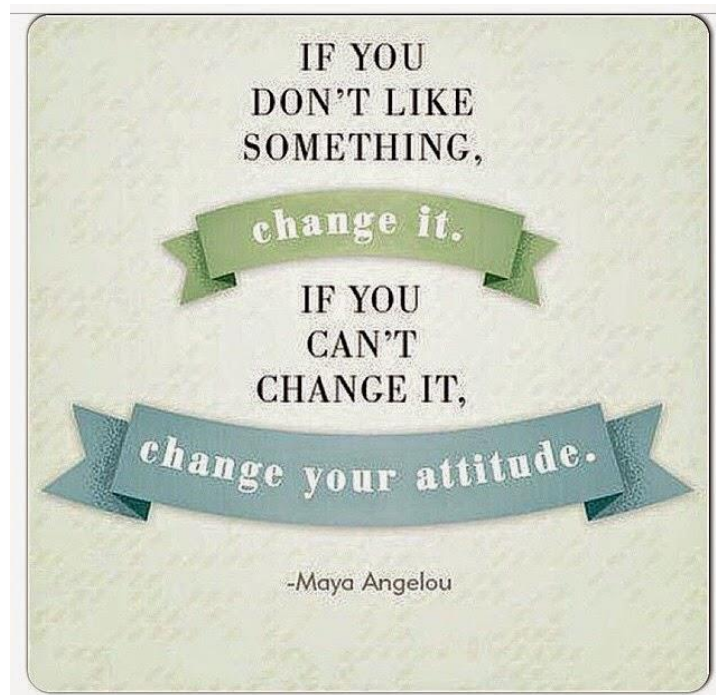


CHANGE



- What do you feel about this famous expression?

1.

How To Change Your Attitude

- Explore the article to know how to change your attitude.
- Read the first part of the article and answer the question “What is the driving force in our life?”

“Our attitude toward life determines life's attitude towards us.” ~ John N. Mitchell

May be you have heard this quote and you really want to change your attitude towards life. However, you may have no idea about how to go about it. Actually, attitude is the driving force in our life and without right attitude, our life becomes directionless. Without the right attitude, there remains no difference between us and other animals. It is attitude, which distinguishes humans from other animals. All the people develop an attitude while growing up. It may be done to maintain a standing or sometimes to preserve ourselves from certain outward “harm”. Actually, attitude is kind of one’s expression towards life and others. It may be positive, negative, indifferent or something else. A positive attitude is very important for generating a successful and satisfying life. Right attitude can be developed with the help of certain things.

Tips For Changing Your Attitude

Have An Aim

A life without an aim is like a ship in the sea without knowing where it is going. Have you seen the movie “Wake up Sid”, how Ranbir Kapoor’s character Sid, didn’t have a goal in life and how his life changed when he found his goal? Actually, in reality too, many of us are like Sid. We keep on living without an aim and complain about life. Remember that aim is a fuel of life and

unless you have a goal, you would roam like the aimless ship. Think of what you want to do with your life. Listen to your heart and then head towards your goal. Attitude will follow you.

- What does the author compare an aim with?

Be Ready To Learn

Nobody is perfect and if you think, you don't have anything to learn from this life then you are living with a wrong attitude. Actually, every one of us can learn so many things every day if we keep our senses alert. Even if you are brilliant and you have never failed in your life, there are many other things to learn from this life. Therefore, whether you are at work, home or anywhere else, be ready to learn and you would feel so much satisfied.

- Why should you be ready to learn?

Develop Confidence

Confidence is the key to right attitude and to success. Confidence helps us sail through bad times. Unless you are, sure of yourself how are you going to chase your dream? A right attitude can come only to confident people. Therefore, to change your attitude you need to develop confidence. Confidence will help you change the way you look at things and you would perceive things positively.

- Complete the sentences. Only one word you need to put into each sentence.

- 1)is the key to right attitude and to success.
- 2) helps us sail through bad times.
- 3) To change your attitude, you need to develop
- 4) will help you change the way you look at things and you would perceive things positively.

Have Self-Respect

Self-respect is deemed as self-worth and if you don't value yourself, how will you make other people value you? Self-respect is not only necessary for self-development but it is also important for inner peace. People who are self-respecting generally keep a calm front even in the time of crisis. Lack of self-respect almost always results in lack of aim, enthusiasm and sense of purpose.

- Why should you have self-respect?

Be Positive

Positivity is the drive of life. It can alter your life for good almost magically. It will not only help you understand yourself properly, it will let you understand others too. A positive attitude will inspire and will help you deal with anything positively. It doesn't only affect you psychologically but also helps you mentally and physically. A positive attitude is a choice of being positive with oneself and others. It is about being happy and content.

- What should you do for being happy and make happy others?

Be Self-Sufficient

You may have all the positive attitude, confidence and everything else, unless you are self-sufficient, your life will not be in your hand. Try to keep yourself self-sufficient, physically,

mentally and psychologically. However, be ready to help others and rather than ignoring any crisis, face it with positivity.

- Will you continue the sentence “Try to keep yourself”? Explain the sense of this sentence, please.
- Do you often change your attitude?
- What are your tips for changing attitude?

How Different People Are Going Through Change



[Tania Kemou](#)

[Answered 5 years ago](#)

I think the first thing to do is accept the situation you're in without judging it. Without blaming yourself or anybody else. Not even back luck. Blaming and judging is toxic and useless, it makes us miserable and unhappy. Life is not supposed to be smooth, easy and exciting all the time. Everything's changing constantly and nothing lasts forever. So even if today you're in a hard situation, it won't last. Impermanence is a law of nature.

That being said, know that there's always, ALWAYS light in the darkness, we can always get something good out of so called "bad" experiences. Sometimes they are a sort of "waiting room" for something great. If we are not scared of them and accept them as they are, they have a great potential to help us transform our mind to be more open and positive and less fearful.

Today, as I look back on my life I'm grateful for almost all of my "bad" experiences. Not only because they taught me precious lessons but because they shifted my life path to lead me where I needed to go.



[Puneet Sharma](#)

[Answered 5 years ago](#)

Do the following:

1. Share your hard time with very close friends before family [because this can cause panic too]. Friends absorb sadness and sometimes they share their personal incidents and make things very bearable for you.
2. Compare yourself with guys around you who are in worse condition. This is the very basic human psychology, where we often feel less sad seeing other people in hardships.
3. Tell everyone a different story and different perspective [Whoever you share it with] because it pushes you to think good out of it.
4. Don't fake happiness because it makes things worse. Don't invest so much in hiding or pretending. If someone cares, he will understand or will try to understand.
5. Always think about a good future like how it would be after 1 year from now. How will I be thinking about this problem. Maybe it turns out to be the biggest game-changer for your life. Maybe you would be laughing at/appreciating the way you faced it.

Most Importantly, react as if you would have reacted with subtle mind games to tackle the moment. Life is so long, that no sadness/hardship can last forever!



Anonymous

[Answered 5 years ago](#)

[What should I do if I am going through a hard time and I didn't get any support from anyone including my own family?](#)

Originally Answered: What will I do, if I am going to a hard time and I didn't get any support from anyone including from my own family?

The first thing you should realize is, it is natural for every human being to go through hard times and most importantly it is also natural that none of your friends, acquaintances, colleagues and also family in many cases will not support you and might even disown you. but you should also realize none of them are responsible or accountable for your life. IT IS YOUR LIFE!!! AND ALL THAT MATTERS IS HOW YOU DEAL WITH IT AND WHAT YOU TURN IT INTO.

Going through all these tough times makes you a better and a tougher person. All you have to do to get through these situations is believe in yourself instead of believing in somebody else and depend on yourself rather than somebody else.

Look at every problem as an opportunity and every obstacle as a stepping stone towards your success.

Trust me, if you can work hard and believe in yourself without depending and looking for help from others to get through the tough times, life will be 1000 times better than before and you'll also get to know who genuinely cares about you and respects you.



[Alicia Wong](#)

[Answered 8 months ago](#) ·

[If you have been through financially hard times, what helped you to make it through?](#)

I started to work to feed myself when I was 15. I worked to pay for food, books, clothes and other necessities in life. When I was going through college, I survived on an extra-large loaf of bread for a week. A tub of the cheapest peanut butter would last me three weeks. My socks were held up with rubber bands and mended till they fall off. I worked three jobs to finish university to graduate. When I graduated, my mum gave me all the insurances she had bought in my name and told me to pay her, and I had not even started my first job! I threw them back at her and told her to cancel them and get her money back.

I don't have fancy lines and mottos. That is luxury. I just keep going. I do not have the luxury to miss work days, to fall sick, to not feel like it, to feel tired. If I even once allowed myself an excuse to stop, I will not be able to get my momentum again. How can I possibly skip school when I have worked so hard for it? How can I miss even one day of work when it pays for my school? I just go on. There are people with better lives, and there are people with worse lives. That comparison is a waste of time. And I do not have time to waste. I have work I need to get to, and I have essays due. It's not what helped me through it. It is that I just go through it. If I had allowed myself to compare lives, to look at other people's lives, to feel tired, to accept excuses, to stop; I truly believe I would never have made it.



[Vaishnavi Tyagi](#)
[Answered 5 years ago](#)

[How do I motivate myself during hard times?](#)

Sometimes when I'm extremely low, I take a deep breath and smile. Human beings are the biggest imbeciles God could have ever made. We always forget to appreciate the simple beauty of life and run after the most superficial and evanescent things that satisfy us.

So, the just stop for a minute. Close your eyes and feel your breath. And smile because, goodness! You are alive! You have both your hands and eyes. You can walk, run, dance. You can sing. You can hear the birds chirping.

Most importantly, you can breathe. Every morning when you wake up, feel grateful that you are fortunate enough to be in this world for another day because no pain is painful until YOU feel it. When you think about poverty, think about those who are even more poor and can still manage to smile. Look around yourself and you'll see a lot more suffering.

So just appreciate what you actually have and love what you don't have. Feel that it's already with you. And you will get it.

A simple trick- whenever you start feeling low, quickly look around and think about all the simple things you like- say, a pair of shoes, a particular flower, a dish that you like and you'll realise how these small things actually define happiness. Instead of waiting for something too good to happen, appreciate what is happening in the present.

Now cheer up, listen to some good music and smile cause you're alive. :)

- How are you going through hard times?
- Are you open to change?
- How have the changes benefited you?
- How do you motivate yourself during hard times?
- How do you encourage yourself to continue when you're doing something difficult that requires a lot of hard work and perseverance? Does it work?
- What are the most positive changes?

Describing change

If You're Not Valued, You're in the Wrong Place



[Niklas Göke](#)



When she graduated high school, the father told his daughter: “I’m proud of you. Soon, you will move out and go your own way. I’d like to give you a going-away present. Follow me.”

The father walked to the garage and pressed a light switch the daughter had never seen before. A single light bulb lit up and revealed: Hidden in the back of the garage, there sat an old car. It was dusty, dirty, and clearly not in good shape.

The father smiled and revealed a set of keys: “I bought this car many years ago. It is old, but now, it’s yours! I only have one request: Take the car to the used car lot and ask how much they’re willing to give you for it. I’d like to know.”

The daughter was happy to have a car, but she wished it was a better one. With a sigh and an awkward half-smile, she took the keys and drove downtown. When she returned, she said: “They offered me \$1,000, dad. They said it looks pretty rough.”

“Hmm, okay,” her father said. “Might you take it to the pawnshop and hear what they say?” The daughter rolled her eyes and went off. When she came back, she said: “The pawnshop was even worse. They only wanted to pay \$100 because the car is so old.”

“Okay then,” the father said, “only one last try: Take it to the car club and show the members there.” At this stage, the daughter really didn’t see the point anymore, but because the car was a gift, she did as her father asked.

When she returned, the father could see the surprise on her face. “Well?” “Dad! Five people in that club offered me \$100,000 on the spot! They said it’s a Nissan Skyline, and every collector worth their salt would give an arm and a leg for such an iconic car.”

The father smiled and said: “If you are not being valued, you’re just in the wrong place. Do not be angry. Do not be bitter. But do go to another place.”

“The right place with the right people will always treat you the way you deserve to be. Know your worth, and never settle where you’re not appreciated. Never stay where people don’t value you.”

The daughter never sold the car — and she never forgot this lesson.

- [Do you remember unforgettable important change in your life? Will you share your experience?](#)

