

Attitude Problems That Kill Possibilities and Opportunities

And What You Can Do About It!

By: Behnam Bakhshandeh

Most of the time we don't think about our own attitudes. We certainly don't think they could kill off any possibility and opportunities around our personal lives. But truly, everything we do comes from our attitudes. And our attitudes come from how we think about the world around us. Do any of the following statements sound familiar?

- No matter how hard I work, it will never get what I want.
- What's wrong with these people?
- Nobody cares about me and what I want.
- Nothing going to change.
- I can't trust anyone else.
- I don't have time.
- Money doesn't grow on trees, you know.
- I didn't sign up for this!
- I'm such an idiot. When will I ever get it right?
- It just not going to happen to me.

This may not be exactly what's in your head, but its close enough. These things (or things like them) go through our heads a thousand times a day. Think not? Listen for the next two hours. You'll be shocked. If you didn't notice them before, you are in for a surprise. Imagine sitting in a room with someone saying nasty, depressing things to you all day long. You'd feel awful after awhile, wouldn't you? Well that is what is going on everyday, except it's running in the background, inside your head.

These little sayings reflect our basic beliefs about the world around us. And they're killing us. Am I being a bit dramatic? Nope. Our beliefs create our attitudes, and our attitudes create our actions. Our actions determine our success (or failure) at whatever we are doing, personally as well as professionally. See the connection?

I'm not saying it's all bad. You probably have lots of cheery thoughts too. Maybe you only pay attention to the happy thoughts. But I promise you; those depressing, belittling, condescending and nasty thoughts are back there, in your head somewhere. If you ignore them, they just keep playing (over and over and over). They affect you whether you pay attention or not. In fact they especially affect if you are not paying attention.

So what does this have to do with possibilities and opportunities in your life? This is the mechanism that keeps us from being satisfied with our lives. It keeps us from being successful, or producing the results we want to produce. And then if we do produce the result, we're still not happy with it. We need to do more, or get more, or be more, or be different. It keeps us from really listening to our caring spouse, our friends, and our families. It keeps us from working with people around our lives as a team, pursuing a common goal.

Are you tired of dealing with the nasty inner-chatter, gossip and conflict every day? Do you find yourself expending a lot of effort in your life without great results in return? Do you feel like you have to do it all on your own? Do you wish your level of daily productivity could increase without having to spend more time? Do you wish you could be more self-expressed at home, or even at work? All these things are signs that your present attitudes are running your life and your professional work. Don't worry, it's not just your attitudes. Everyone else is doing the same thing. Is it starting to make sense why communication is difficult? We're not listening to each other. We're listening to that storm inside our heads!

If you have read books, tried seminars and training before, and they didn't make much impact, it's because you didn't make it through that storm inside your head either. Until you deal with these negative tapes playing over and over in our minds, no other training will really produce a breakthrough.

So what can you do?

First of all, you have to get real. If you are not already well aware of these voices of doom, you must listen to them, dig them out, acknowledge them, be authentic about what is in the dark side of your mind about yourself, write them down, and own them. If you are become responsible for them, you can have a say in whether they are running your life.

Second, you have to create something else to put in their place; a profound vision for your life that inspires you and pulls you into action, personally and professionally.

Third, you must get into action to bring this vision to life. And finally, you must set up systems to keep the vision on center stage in your thoughts, your attitudes, and your actions. It's easy to slip up and start listening to the nasty stuff again!

Keep practicing until you become completely aware of what is happening within you.