

## Ten Steps To A Positive Attitude

Everybody loves a winner. We love to cheer others on, to watch them persevere, train hard, achieve. We feel the excitement and joy of their victory almost as if it was our own. We yell, jump and scream, we hug strangers next to us, hold up signs, buy t-shirts and hats and almost even run with them. We celebrate, admire all their efforts, and continue to support them even when they don't quite make it. How do they do it? How do they stay focused? How do they overcome their challenges? With a Positive Attitude!

With a Positive Attitude, there is no limit to what you can achieve. When was the last time you cheered yourself like a champion? Would you wear a t-shirt with your name on it? When did you truly fill your brain and your spirit with only positive thoughts and words of encouragement, allowing no room for self doubt and negative worries? The world can be cruel and hurtful; negativity abounds and bombards us every second of every day – if we let it. Keeping a positive attitude requires effort, constant nurturing, and a multitude of reminders. Keeping a positive attitude takes work, but so does negativity. It seems that there are more ways to “cope with the negativity” than to look for the positive. It's almost more socially acceptable to discuss our problems than to discuss all that is right in our life. Negativity can take a terrible toll on our brains, our energy, our relationships and ultimately, our health. That is why I choose to be positive.

Being positive does not mean that bad things will not happen to you. It does not mean that you will not face some incredible challenges. It simply means that you will have a much greater chance of succeeding at everything you experience. I have overcome some incredible challenges throughout my life and learned many lessons along the way. Each challenge I faced, whether won or lost, helped prepare me for the next challenge.

Just five years ago, I faced my greatest challenge yet, when I was told that I had a very rare and serious cancer called leiomyosarcoma (leo-my-o-sar-koma). What followed was a year of surgeries, radiation, chemotherapy, scans and doctors. The scans and doctors are still a part of my life, but the rest is history. The good news is: it is a miracle that I am here today. I had a lot of time to think during the minutes, hours, days, weeks, and months I spent battling my cancer, and discovered many gifts along the way. I now use the lessons I have learned to inspire others to believe in themselves, be their own greatest fan, and achieve things they never even thought were possible.

Since I am living proof of what a positive attitude can do, I am now on a mission (driven by passion) to share my secrets with as many people as I can. Adopt my 10 Steps to a Positive Attitude,

and I promise your life will never be the same. The beauty of this is that any of these ten steps can be taken by anyone, at any time, at any pace, and can be repeated as often as necessary.

**Take Responsibility for Yourself** – This is your life to live. It is your responsibility to define yourself and your own happiness. No matter how much love others have for you, it is not their responsibility to live your life or make you happy. When you lay your head on the pillow at the end of the day, have you taken personal responsibility for your life and your actions? Have you done all you can that day to insure your own happiness?

**Choose Your Attitude** – Happiness does not just happen or appear. You will be happy when you decide to be happy. Deciding to be positive means deciding not to be negative. You must consciously look for the good and the good is what you will find. Some days and situations may require you to choose your attitude over and over again, but eventually it becomes easier. Fill your world with things that remind you to stay positive and make you feel good.

**Learn From Every Experience** - There is a lesson to be learned in every experience, every encounter, and every person. These may not always be good experiences but appreciate them for the lessons learned. Each experience and your reaction to them are unique to you and create the one-of-a-kind individual that you are.

**Live Like a Child** – Never lose the joy, the wonder, and the magic of it all. Believe in you and believe in possibility. The average child laughs over 400 times each day. How many times a day do you laugh?

**Take Care of Yourself** - All things must run their course. Allow yourself the time you need to regroup, refresh, reflect, relax, rewind, reward, and remember. We are not machines, we are human beings and we all need to recharge so that we can be our best for us and for others.

**Accept What You Can Not Change** – There are many things in our lives that we can and should change. Things that you cannot change, must still be faced and cannot be ignored. You do have control over your attitude and the actions you take. Finally, as hard as you try, some things are beyond your control, recognize when you have done all you can, and decide it is time to let go and move on.

**Be First** – Someone always has to take the first step, to make the first move. Why wait on others and maybe miss some incredible opportunities, experiences, and friendships? Be the first one to smile, to speak, to ask, to apologize, to compliment, to reach out, to help.

**Dare to Dream** - Always ask “what if?” What if it really could happen? What if I really could do it? What if it really did work this time? What if he/she/they said yes? There is only one way to find out.

**Never, Ever Quit** – Keep learning, keep experiencing, keep trying, keep striving. How big are your dreams? Are they worth one more time of trying, ten more times, a hundred more times? Keep setting personal goals; give yourself a reason to get up tomorrow, next month, next year and beyond.

**Live for Today** – Today is the only thing that is truly guaranteed and you will never have it again, so make it memorable and make it count. It’s really all about no regrets. The end is really the beginning. When you lay your head on the pillow at the end of the day, have you taken responsibility for yourself? Have you done everything you can to make the most of it? If this was your last day, would you have no regrets?

If I have encouraged you to search for the champion in you, to become your own greatest fan, your best cheerleader, or most positive coach; then I have empowered another winner, and I can lay my head on my pillow tonight with no regrets.

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