

# Activity 30

## The importance of attitude

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Have you ever been around someone who is so cheerful, that you find yourself smiling in spite of yourself?

What about that person for whom nothing is ever right – do you find yourself avoiding them?

I would imagine that few of us realize the impact our own attitudes have on people and how easily transferable an attitude is. It's one thing when someone is having a truly difficult time with illness or grief or other challenges. That's not what I'm talking about.

I'm talking about those people who are whiners – constantly complaining about any and everything. You know them. They respond to “how are you today?” with the “grievance du jour” and attempt to convince you that the world is about to end or at least that they are suffering more than anyone else.

I know I tend to find myself feeling less hopeful after spending time with this kind of person. Suddenly my world looks more gloomy and all my problems come to the forefront.

But then there are those with a sunny disposition. They are the ones who go out of their way to find me to say “Good morning,” and have a bounce in their step. Even on a rainy day, they are bright and have a way of making you feel like you are so special to them that their day is better for having had the privilege of speaking to you. You've met someone like this, right?

These kinds of people make me forget my problems, or shrug them off with a realization that it's really not so bad. I am smiling after the interaction.

Isn't it amazing how just a brief encounter with someone, even just two words, can change your whole outlook on the day?

So now my challenge to you is to think about how people feel after an encounter with you. Are they smiling? Or are they shaking their heads in disbelief that you have brought them down...

