

## Facts vs. Attitudes

There are **facts** and there are **attitudes** to facts. Most of the time, people can't change facts. But anybody can change their attitude to a fact if they want to.

Your attitude is a choice; you get to **decide how you feel** about something - nobody can decide for you.



Although people can behave in certain ways that change your attitude, ultimately it is you who decides to change your attitude based on the facts that people present you with.

As soon as you realise that **attitude is a choice**, you become more exceptional. You become more exceptional because minor obstacles don't affect your focus. You find other ways of dealing with what those around you tag as **stress**.

Facts are obstacles and your attitude is a way of overcoming them.

I used to work full-time for a consulting firm. The nature of the work meant that I was away from my family for five days each week. It would have been easy to accept the fact that my employer wanted me to work away from home and adopt a 'that's life' attitude.

Instead, I changed my attitude to 'I need to create a way of earning the same in half the time'. The new attitude helped me deal with the fact that I was away from home and, at the same time, transformed my lifestyle and income.



Remember the last time you were in a car and somebody did something that put you in danger.

Maybe they cut you up at a roundabout or pulled out in front of you on the motorway. Do you remember how you felt during and just after the event?

Whatever they did was a **fact**. However you responded was your **attitude** to that fact. Many people automatically and unconsciously decide to adopt an attitude that isn't immediately useful to them. Getting road rage for example isn't going to change the fact that the other driver did what they did.

When people are stressed, if the source of their stress is a fact, they will continue to be stressed until they adopt a different attitude to the fact.

If you just accept facts, you become negative. If you decide to see facts as obstacles that you can easily overcome, you immediately become positive.

I also strongly believe that eliciting your attitudes to facts makes you more creative. When you switch your negative attitude to a negative fact to a positive attitude, you immediately become more able to generate innovative ways of challenging the fact.

The key to maintaining a positive mind is noticing the difference between a fact and your attitude to the fact.

Once you have the **fact** and your **attitude** to it in **separate boxes**, you can begin to change.

Tune yourself into the facts that are stopping you being completely positive and change your attitude to them.

