

# How to Maintain a Positive Attitude in the Face of Adversity

1. Learn to love adversity. Learn to love challenges.
  - a. It is only through adversity that we grow. Learn to love the sweetness of adversity, the wine of success from the sweat of the your brow.
  - b. Without adversity the muscles in the body would wither away. Studies have shown if you spend too much time in bed or do not use an arm for an extended period of time that the body becomes unusable.
  - c. When something that happens that is negative ask yourself “what’s good about it?” Napoleon Hill said, “Every adversity is the seed to an equal or better benefit.” This is **so true**. With each adversity we grow.
  - d. Thus great leaders welcome adversity and develop a good attitude when they face problems.
2. Successful people do the things that failures dislike doing and refuse to do.
  - a. There will always be a semi-sick feeling just as you start going towards success. This is natural since you cannot gain anything without some pain. No matter how successful you become this feeling just as your getting started on a success path will always be there.
3. The Power of Affirmation.

**Napoleon Hill:** “Adopt a positive mental attitude that will help you shape the course of your own destiny rather than drifting along at the mercy of adversity.

Your mind has been endowed with the power to think, to aspire, to hope, to direct your life toward *any goal*. It is the one and only thing which we have the complete, unchallenged privilege of control.

First, clearly define to yourself the position you wish to attain in life. Then say to yourself: ‘I can do it. I can do it now.’ Chart the steps you must take to reach your goal. Take them one at a time and you will find that with each success the next step comes easier as more people are attracted to help you achieve your ultimate purpose.” – Think and Grow Rich

- a. How to develop affirmations.
  - b. How to use affirmations in the moment through out the day and week.
  - c. What does “shape the course of you destiny” mean?
  - d. What does “more people are attracted to help you achieve you ultimate purpose” mean?
4. Figure out your key fears and counteract them.
    - a. We all have base line fears that can tend to hold us back. Identify them, what are they? And then counteract them.
  5. Belief is more important then fact.
  6. Too often a negative mind set will put us in the mindset of “If something bad is going to happen, it is going to happen to me.” Or we get into the feeling that “It’s always something” or “You just can’t win.” Compare this to the reverse statements of “I like challenges and I like problems.” Or “I love adversity and I’m going to find a solution.” Or “Problems are the reason we are in business.” Or “What can we learn from this mistake?” Can you feel differences in these attitudes?
  7. Take a look also at the way that body language transmits.
    - a. Sad dejected body language vs. up enthusiastic body language.
    - b. Voice tone: Monotone vs. a voice tone with inflection.
    - c. Enthusiasm vs. depressed.
    - d. How can you improve?
  8. The whole point of all this is you can choose at each moment what you are radiating to you team members, customers and family members. You can choose to be up or down, forward moving or stagnant.
  9. Napoleon Hill and W. Clement Stone commented:

“You can direct your thoughts and control your emotions and thus regulate your attitude. You can choose whether your attitude will be positive or negative. You can decide whether you will affect, use, control or harmonize with the changes in yourself and you environment. You can order your destiny. When you meet the challenges and change with a positive mental attitude you can intelligently solve each problem you are confronted.”

10. The key thing that is exciting here is that the ***choice is yours***. The number one goal is to become conscious of whether or not what you are presenting to others is positive or negative. Once you are conscious of your attitude you can choose. The choice then becomes one of “do I continue to radiate a losing attitude or a winning attitude?” and it is ***your*** choice.
11. Now here’s the scary part ***Like Attracts to Like***. What ever you put out comes back to you. This is scary because if you are radiating a negative attitude you are going to bring back negative actions from your people. This is because negative attitudes multiply through out your organization. Thus if you have a negative organization with negative people in it and negative behaviors it is probably coming from you!
- If you act like death you will attract death to you.
  - If you believe your people are incompetent they will act incompetent.
  - If you act sick you will become sick.
  - If you are angry at the world the world will be angry with you.
12. Now ***Like Attracts to Like*** also has a positive side because positives multiply. In other words if you have a positive mental attitude toward you work and your people positive things will come back to you. This is very exciting! You can actually improve people’s attitudes by the positive feelings, thoughts, and body postures and voice tone you radiate to them. This is true for goals that you have and Visions you have for your future success. There is a law of ***A.S.K. Ask Seek and Knock and you can have anything in the world. What ever you ask of the universe will come back to you.*** This is true of questions that you may ask that have no answer, ask them anyway and the answer will come back to you – some way, some how. If you want something – ASK FOR IT.
- If you act healthy you will become healthy.
  - If you believe in your people they will get better.
  - If you visualize success, success will come.
13. The more belief that you radiate towards yourself, your people and you family the more they and you will believe in yourselves. The more people believe in themselves, the more they move forward. It is so important to believe in your people more than they believe in themselves since you are their coach, their mentor, their key support in this working world.

14. In summary, Napoleon Hill said “What ever the mind conceives and believes, it will achieve.” Live your destiny now choose a path towards success that uses the power of a positive mental attitude in the face of adversity.