

# How to Change Your Attitude

Life hasn't gone the way you had hoped. You are in your same dead-end job, in a career you thought had some promise. But it didn't turn out as planned. You believe it just isn't on your cards to have that dream life. However, what could be the problem is not having the right kind of attitude. You may want to explore changing your attitude and see if that doesn't result in the changes you need for the better.

The first step is to figure out if your attitude could use some adjusting. Do you find people trying to avoid you? Do you find that you get set off by the smallest incidents? You may have just ignored what people have told you about you having a bad attitude.

The next time you are involved in some incident that goes bad, ask yourself this question. Is this something that was my responsibility? Go through the scenario from the perspective of an outsider observing you. Is there anything you could have done differently that would have changed the result? Think back to what you said and see if you were the one responsible.

You shouldn't take the blame for everything. If you reach within and discover that others were responsible, then hold them to it. Just make sure that you have ruled out yourself as the culprit before doing this. If there are some gray areas, be willing to give in a bit.

When you go through this exercise, you will find you are in the wrong more often than you realized. Once you come to this realization, you can take steps to change yourself.

Don't focus only on negative aspects of your life. Accept both the good and bad. Be proud of the good aspects and be willing to work on the negative ones.

Changing your attitude is a process. As such, it will take some time to readjust your thinking. You identify that you are not always right and will try to do what is necessary to avoid those activities again. When you do

avoid them in the future, make sure you recognize that as an achievement as this is an important part of the process.

Expect others to recognize your changes when you commit to making them. Your attitude will change for the better just by going through the process described. You will live a happier life, and you will make friends much more easily. You should also expect your job to change for the better as your management will notice these changes as well.