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YOU HAVE TO BELIEVE IT TO ACHIEVE IT

The lives that we have are tremendously valuable. We instinctively know it, which is why survival is the most basic human need. However, at a conscious level, we sometimes do not value ourselves as we should. We let others ride our lives and use us. Because we do not value ourselves, we rarely believe in ourselves.

To be successful, we need to believe in ourselves and value ourselves. We need to value ourselves based on what we think rather than what others think. How we value ourselves and to what extent we believe in ourselves have tremendous implications on our success. Our entire confidence is based on how we value ourselves.

Most important, how we overcome our fears is solely dependent on what we think of ourselves. We cannot change our perception of ourselves overnight. Our perception of ourselves largely comes from our upbringing. We can certainly change it if we want. It takes searching within us to identify how we value ourselves. Once you know what drives this value within you, then you can change your perception of yourself and start believing in yourself. It might feel artificial to think differently of yourself at first, but as time goes on, your perceptions will change.

Valuing yourself based on what you think doesn't mean ignoring the rest of the world and your relationships. Our success depends on the interactions that we

have with the rest of the world. We do need to adjust ourselves based on the feedback that we get from the rest of society.

Like anything else in life, this is a constant process of balancing. Balancing requires us to be aware of both sides of the equation and not go on "autopilot." We have to be thinking constantly. Thinking requires us to put effort into every moment of our lives. That is what life is all about. The more effort we put in, the more we get out of life.

The Need to Value Ourselves

We need to value ourselves and believe in ourselves before we start doing the same for others. This is why in most relationships, whether they are business or personal, it is very difficult to have a healthy relationship with someone who does not value himself or herself. Though you might think of it as selfless dedication, it is a burden for the other person. It appears that you are expecting constant recognition from the other person. For him or her, you become a burden. Relationships are important in our lives. It is important that we have healthy relationships based on our individuality both at work and in our personal lives.

Healthy relationships happen between two independent people. When we are dependent on each other, the relationship is based not on choice but on dependency and benefit. Though initially it might seem healthy, the relationship becomes problematic because the independent person starts feeling used. In many marriages, this is the situation. I knew of a family where the wife was unwilling to drive. She associated this inability to drive with a fender-bender that happened years ago. From what I could see, the



good relationships and a productive environment to catapult you to success.

To succeed in life, you have to be positive. It is important to develop a positive attitude and maintain a positive attitude.

The Attitude Bridge

What is thinking positively? It is about having hope and looking at things from a different perspective. If you truly look back at all your difficult times, you will notice that good times always followed difficult times. Difficult times don't last forever. Maintaining a positive attitude is about being able to focus on the good times ahead rather than the difficult times you're going through.

We all see things through lenses. We have perceptions of things that we formed as we grow up. These perceptions shape the decisions we make and how we react to opportunities. These perceptions from our past directly affect our future. However, one thing you have to realize: the bridge between the past and the future is you. The choice remains with you. Though past events have created certain perceptions inside you, you can always change these perceptions by making a choice. A positive attitude and having hope are important factors affecting your destiny.

Difficult situations can really throw us off our tracks. It is during difficult times when having a positive attitude really helps. We can have all the great plans and goals in the world, yet life sometimes throws curve balls at us. We need to have a positive attitude during these times because it can throw us off track.

Let's say you are on track to lose weight. Due to an emergency meeting, you have to fly to a different part of the world, where you could not get the foods you need for your diet. Do you throw away your diet because of this situation? No. You need to have a positive attitude and be positive that you are going to achieve your goal. Achieving your goals is difficult. If you think positively that you are going to achieve your goal, you will. It will take you through the difficult times.

Every situation can have both a good side and a bad side. Thinking positively is all about seeing the positive side of every situation. A positive attitude helps you to be persistent in your goals. You have to have persistence because you are bound to fail in your goals a few times.

You need to think of the end result that you stand to gain. You need to think all the great things you are going to achieve. Believe in yourself. People who succeed seldom succeed on their first try; however, they don't generally talk about all the failed attempts. You need to forget about the negative thoughts and start thinking positively.

Sometimes, thinking positively will change your attitude toward taking risk. As humans, we all have different preferences for the level of risks we can handle in our everyday lives. Thinking positively will make you take more calculated risks than thinking negatively. You will have better rewards when you take better risks. You tend to overestimate the risks when you have a negative attitude. You will start seeing the light at the end of the tunnel when you think of things more positively.

Your attitude affects your ability to take risks. In order to succeed and move toward your goals, you need to take calculated risks. When you have a positive attitude, it helps to evaluate your risks more effectively. Taking risks rests on your perception of what the outcome is going to be. If you perceive your outcome to be negative, then you will be reluctant to take the risk. Alternatively, if you perceive the outcome to be positive, then you will take the risk. It is viewing whether the glass is half empty or half full. The same situation can be viewed in two different ways.

For example, imagine that you are investing in the stock market. If you view the signs in the market as gloomy, then you will not take the risk of investing your money. If you view the market to be bullish, then you will invest your money.

Having a positive attitude is a habit. Over time, we get used to thinking about things positively. This habit of how we perceive things is mainly a result of what has happened in our lives before, our experiences, and our behavior.

Our upbringing and history play a major role in how we perceive things in life. If you have a wonderful childhood, a good set of friends, and successful achievements in your life, it is likely that you see the positive side of things all the time. This is because you have seen mostly positive things in life. This attitude will result in more positive things coming your way, and



you will have established that things in life are generally positive even when things go wrong. You will know that when there is a downturn, there is always an uptick that you can enjoy.

On the contrary, if you had a difficult childhood, difficult marriage, and difficult history, it is likely that you see things negatively. The map of your world will be different, and that's okay. A bit of negative attitude can sometimes be useful in life. To take better advantage of the new power of thinking; however, you can always develop a new map, if you are willing. Positive thinking is a habit. New habits can be learned and unlearned.

To always see the positive side of things, you need to change. You need to develop a deep desire to change. This is very important. Everything else depends on it. Start looking at each situation in life, and think about the positive things that have happened in your life. Let's say you missed an examination because you were late. Think about how you could study more next time and be prepared better. You could be more confident of yourself next time.

Try to think of the good things that can happen with any situation. In the first few days of change, it might seem like trying to swim against the current. It might seem very artificial to you. However, after a few days, it should come more naturally. You will shift your focus to being more positive when things work out for you.

Everybody has problems in life, but what makes people different is their attitude toward their problems. You have the power to choose. There are people who believe that problems and issues are the end and that they are destined to have them. They believed that there is no solution to these problems. Then there are others who always carry hope and rise out of these problems.

When you have a positive attitude, you see beyond the problem. You look at ways of solving it. Problems are opportunities. Positive people don't see a problem as an end. Instead, they see solutions. They see problems more as hurdles that need to be jumped over to get to their destination. Having a positive attitude gives you this energy, energy to look beyond problems and issues and focus on the goal.

Looking at situations negatively is very easy. It does not take much emotional energy to think negatively.

It is self-fulfilling and provides an excuse not to reach beyond. This is why we gravitate toward negativity. The more we gravitate toward negativity, the more it becomes a habit, like smoking. Smoking becomes a habit and an addiction because people get attracted to it and it is easy. By human nature, we like the easy way out.

By contrast, having a positive attitude requires energy and effort. You need to make an effort to stay motivated. You need to make an effort to think through possible solutions. You need to make an effort to just stay afloat during difficult times.

Your attitudes are contagious in your relationships. You don't have to say a word for your attitude to be adopted by another person. If you have a positive attitude, your family and your coworkers will sense it. You will have a healthier marriage because you will infect your spouse with your positive attitude and you will look at your lives and problems in terms of wonderful things and solutions. It's much easier to build relationships with people when you are positive. We like people who are upbeat and positive. So, having a positive attitude will win a lot of hearts.

Your children will grow up being very successful and positive if you have a positive attitude. They are like sponges absorbing the nonverbal signals that you give out. The more important one is your attitude toward life. Children are the ones who will absorb most of your attitudes.

In turn, you will have more reason to be positive as it has a spiraling effect. Being positive makes you more positive. It is a vicious cycle!

The Cycle of Attitude

Our attitude is cyclical. Once we have a positive attitude, the cycle gets activated, and it results in your having a better attitude than you started off with.

The cycle has three main components:

1. **Our Attitude:** On a daily basis, our thoughts and perceptions form our attitude. Our attitude is not something that comes to us. We create it with the thoughts that we have and the perceptions that we have. Based on our thoughts and perceptions, we have feelings. These feelings form our attitude. Thoughts and perceptions are completely within our control, and therefore our attitude is completely within our control.



For example, if we perceive that the world is going to end, we are going to feel terrible and have a bad attitude. Alternatively, if we look around ourselves and see the big picture of life continuing, we will feel differently and have a different attitude.

We see what we want to see. As humans, we have selective sight and selective hearing. We filter things out. So, if we want to have a positive attitude, we will start seeing positive things around us. If we want a great life, we will have a great life. The choice is ours.

2. Results: Based on our attitude, we influence the results that we get. The relationships that we have will be more positive, thereby adding value to relationships with peers and friends. Also, when you have a positive attitude, you find the motivation and energy to accomplish much more. Motivation is a key ingredient to getting things done. As humans, we can't do anything that we are not motivated to do. When we have a positive attitude, you will be motivated to get more things done. For example, if you have the attitude that your job is terrible, you might perceive that your supervisor is out to get you, thereby demeaning your motivation to get things done. If your results are not good, your supervisor could start managing you differently from other employees, making it even more difficult for you to get motivated and get things done. Your attitude has a direct impact on your results. Your motivation rests on your attitude and affects achievements and energy levels.

3. Environment: When your results are bad, your relationships tend to suffer and make your environment a less pleasant place. For example, when you can't deliver results and have unsatisfactory pay, you will have financial difficulties. This might cause

problems to your family life because you can't do what you like to do (such as going on vacation), thereby making your environment at home a bad place. Your environment in turn feeds your attitude, making you feel worse.

When you have a great attitude, you will have great results, and people will be attracted to you. You will have friends and family around you making you feel great. This in turn will make your attitude even better.

This is the cycle of attitude. You can always break away from this cycle. To break away, you need only to change. Change is the core determinants of your attitude: your perceptions and thoughts.

Being negative has the same impact, except in the opposite direction. People don't like negative people. So, you will create unnecessary difficulty in your relationships. You don't have to say a word to pass on your negative attitude. It will get passed on automatically. People around you will sense your negativity. Instead of gravitating toward you, they will more likely turn away. Think of a day when your boss was in a bad mood and how it affected you and your coworkers. Likewise, your children will absorb your negative attitude, and they in turn will be more likely to look at things negatively. The cycle affects the people around you, so you need to break out of it.

Conclusion

Ultimately, a negative attitude affects your overall quality of life, performance, opportunities and success. This is why you need to break out of the negative cycle. Initially, it will seem artificial and difficult. Keep at it. It will certainly make your life a lot better. Negativity does not get you anywhere. If you want to be successful, a positive attitude is crucial.

Need Help? Have a Question?

Call Greg's "Wonder Woman" assistant Christal. She will assist you in with booking information or answering your questions. Call her at 304.400.4703

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