

AN ATTITUDE OF MIND

What is a “So what” mindset? It is an attitude of mind which says “I will not be defeated. There is a way around this difficulty and I will find it. Things happen in life and I will deal with the problem, clean up and move on.” The “So what” mindset does not trivialise what has happened but it does understand that there is a choice; that there are a number of ways to handle everything from disappointing situations to major crises.

The first way is when people begin to feel sorry for themselves and think, “Why me? It is the end of the world” and make themselves thoroughly despondent and drown in a mire of self pity. That way spirals downwards into illness and eventually depression. They only make their life, and the lives of everyone close to them, miserable and anxious and they are actually inviting more obstacles into their lives. Those who like to live with their misery eat too much, think too much, fight with the family and become angry at the smallest slight. When these antagonistic reactions take precedence, no action can be taken and so no way out of the problem can be found. Unfortunately this type of thinking becomes a habit and forms a self-perpetuating cycle of circumstances.

There is another way which says, “I will just mark time and do nothing, hopeful that something will happen or someone will come along to help me”. That is a lazy way to approach any problem and when no action is forthcoming the results are obvious. When nothing happens, so often those people become angry and blame everyone else for their own ineptitude. Attitude is a driving force in our life and without the right attitude life becomes rambling and tortuous. Where there is no action there can be no result.

The best way is a totally different attitude of mind. There is an expectation that a solution can be found, a determination to find it and to use any difficult situation as a learning curve. That is a winning attitude. It is essential that you have enough faith in yourself that you expect to overcome any obstacle that comes across your path; expect to win at the game of life. That attitude does not come easily. It means being prepared to take responsibility for our attitudes and to become accountable if we are to create any real or lasting changes in our reality.

We are all so used to losing that we have to totally change our way of thinking if we want to have a winning mind-set. It means not allowing your thoughts to speculate on the worst that can happen but taking each thought captive and focusing on what you want to achieve. It can add up to a total renewing of your mind which includes a major change in attitude so that you have total confidence in the power and your ability to overcome problems and difficulties. The “So what” attitude says, “I believe in myself” and I will exercise my mind to improve the existing situation and find a solution to the problem.

So take hold of your dream with force, hold fast and don't let anything take it from you. Eventually you will be able to seize it and say, “It's mine! No one can take it from me.”