

## **I Can Build An Unstoppable Mindset**



How do you build a positive attitude? First of all, you have to remember, attitude happens on two different levels. There is a big attitude and then there is a small attitude. The big attitude happens over a period of a lifetime. If you are 15, 20, 50, or 80 years old, it is taken that long to build your big attitude. All of your experiences, everything you have thought about, all the things you have done through your life, build that big perspective.

You have heard individuals talk about the glass being half full or half empty, whether someone is a pessimist or an optimist. Well, that's the big attitude, and it is developed through your whole life experience. You are able to change it! Your choice of focus makes the difference. Your brain can only think one direction at a time. I can be thinking about good stuff or I can be thinking about bad stuff. It is a choice. I can be thinking about how things haven't worked for me and all that's wrong and the problems I have had and how everything always sucks. Or I can focus on possibilities. There are things I can do. I can learn new things. I can take life in a new way. I can build better relationships. I can make my life go a certain way. I will build an unstoppable mindset!