The Definition of Attitude: Jeff Keller

- Think of your attitude as the mental filter through which you experience the world. Some people see the world through the filter of optimism (the glass being half-full) while others see life through a filter of pessimism (the glass being half empty). Let me give you some examples to explain the difference between a positive attitude and a negative attitude.

✓ The person with the negative attitude thinks “I CAN’T.”
✓ The person with the negative attitude thinks “I CAN.”
✓ The person with the negative attitude dwells on problems.
✓ The person with the positive attitude concentrates on solutions.
✓ The person with the negative attitude finds fault with others.
✓ The person with the positive attitude looks for the good in others.
✓ The person with the negative attitude focuses on what’s missing.
✓ The person with the positive attitude counts his or her blessings.
✓ The person with the negative attitude sees limitations.
✓ The person with the positive attitude sees possibilities.

- I could go on and on with examples, but I’m sure you get the idea. When I talk to audiences about attitude, I often like to use word pictures. They help people to understand and remember what I said. Let me paint this picture for you: *Your attitude is your window to the world.*