Exercise 2 - Attitude Is Everything

**What’s Your Philosophy?**

If you could sum up in a few sentences how you see yourself and the world, what would you say?

 Are you pleased with the way you see yourself? Are there things you want to change?

 What about the way you see the world? Is it a welcoming place or a scary one? Or neither?

However you see it, write it down here.

Here’s how I see myself:

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And here’s how I see the world:

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Now, think about what you just wrote. Why do you think you see yourself and the world that way?

Where did your philosophy come from? Write your thoughts below.

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Are you pleased with what you wrote? Surprised? Saddened? Anything you’d like to change? Write your reactions here.

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Maybe you’re happy with what you’ve written. Maybe not. If not, that’s OK—at least you know what needs to be changed. Whatever your philosophy looks like, the key to getting what you want, to creating your dream life, is to make your philosophy work for you and not against you.

If You Want to Change Your Life, Change Your Philosophy

But before you can use your philosophy to your full advantage, you have to know what parts of it are working for you and what parts are holding you back. Let’s find out.

On page 7, you described your way of looking at yourself and the world. Look back at your answers. Now, think more deeply about what you wrote.

What parts of your philosophy are helping you achieve success? Jot down your answer below.

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Now, think about what parts of your philosophy don’t work so well. Are there ways of seeing the world or yourself that are holding you back or causing problems in your life? Write your answer here.

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How Do You Talk to Yourself?

How you think has a big effect on how you live your life.

Try to remember a time when you were successful at something that was new or really hard. What did you say to yourself after you accomplished it? Whatever it was, try to remember it and jot it down here.

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Now, think back to a time when you tried to do something really hard and didn’t do well. Can you remember what you told yourself? Write it down here.

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Did you give yourself credit for succeeding and believe you could do it again? Or were you very hard on yourself and not confident about succeeding?

Now think about your philosophy and the way you think. Then answer these questions:

How are your philosophy and the way you think related to each other?

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Are your philosophy and way of thinking mostly positive or negative? For example, do you expect the worst or best from people? Do you tend to put yourself down?

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How would you like to change your philosophy and the way you think?

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