Cultivate a Winning Attitude!
(adapted from Quantum Learning by Bobbi DePorter)

When it comes to learning, what's your most valuable asset? Is it your intelligence? Your genes? How hard you work?

These all have a role in your ability to learn, yet there is something else that can affect the learning process more than all of them put together. When it comes to excellence in learning, your most valuable asset is a positive attitude. If you have high expectations for yourself, high self-esteem, and the belief that you will succeed, you will have high achievement. It's an old saying, and it's still true: What you think about, comes about. As Henry Ford put it, "Whether you think you can, or you think you can't—you're right. Think like a winner, and you will win!

When you expect the best, you’re inviting the best to become reality. Expect the worst, and you’re inviting disaster.

Although you aren’t always in control of the circumstances, you’re totally and absolutely in control of how you react to them. If you have a tendency to walk into situations (such as a classroom) and think, Oh, man, this is going to be boring, try making a simple change in the way you talk to yourself. Instead of thinking I’m bored, say to yourself I am choosing to be bored. You do choose your reactions, and the way you talk to yourself defines your attitude—it can make you high or make you low.

When you choose to have a positive attitude no matter what your endeavor, possibilities become probabilities, and limitations become opportunities. Positive emotions smooth the way toward success.

Here are some ideas to help you cultivate a winning attitude.

Think Like a Winner!

Throughout life, there are obstacles to overcome. How you handle those obstacles can often make the difference between success and failure. If you approach situations with a negative attitude, chances are you will live up to those low expectations and have a difficult time succeeding. But by developing positive self-talk, you can find the courage to handle almost anything—and win!

The next time you’re faced with a difficult situation, try telling yourself the following positive messages:

- I know I can make this work.
- My mind is uniquely capable.
- I’m committed to mastering this.
- Everything is supporting me in reaching my goal.
- The more I practice, the better I get.
- I get better every day.
- I’m really proud of myself.

Act Like a Winner!
Your physiology—the way you hold your body—usually reflects how you feel and think. In fact, you can actually control your physiology in order to control your frame of mind. For example, when you’re feeling good about yourself, you probably stand and sit tall, hold your chin up and move with energy. Practice this physiology whenever you’re feeling down, and your positive attitude should kick in. Try the following postures and see how they influence the way you feel:

- Walk tall. Put a bounce in your step and swing your arms.
- Sit up straight, shoulders back.
- Use large gestures when you speak.
- Speak loud and clear.
- Smile!

Cultivating a winning attitude takes practice, but eventually it will become second nature. You’ll be amazed at the things you can accomplish when you put your mind to it.