

Attitude for Greatness

By Piercarla Garusi - Life Coach, NLP Master Practitioner, Hypnotic Practitioner

What is attitude? It is what you think, believe, feel, expect, act, in relation to yourself, life, people, and your goals. Attitude can be positive or it can be negative; it can be limiting or it can be expanding; if you have a **positive attitude**, you feel alive, well, loved, happy, liked, confident,... **you feel good**; if you have a negative attitude, you feel angry, resentful, fearful, depressed, anxious, hopeless,... you feel bad. **Your feelings** are your **thermometer to your attitude** and, as we will see below, **your life** is the **mirror to your attitude**.

Now, how is your attitude, how is your dominant attitude? Is it positive, and expanding, or is it negative and limiting? What do you think you can achieve? Who do you think you are? What do you think about yourself? What do you think about other people? Do you think they are out there to get you or to help you? Do you expect to be liked by people or do you expect to be 'judged'? Do you expect to be lucky? Do you expect to achieve your goals? Do you expect that life is going to be difficult, that you will have to struggle to make money, or do you expect life is wonderful and enjoyable?

Your expectations determine what will happen in your life, as very simply, what you expect, you get. So, if you are not sure of what your expectations really are, take a look at your life: whatever you have in your life right now is a reflection of who you are inside and the vibrations you send out. If you are struggling with money, with your health, with a relationship, with your job, with people, it means that somewhere your attitude is not healthy. So, **if you want to change your life**, you need to change yourself, **you need to change your attitude**.

In fact, a healthy attitude is when you feel good about yourself, when you know that you will achieve your goals, when you know people will like and love you, when you know that things will work out, when you know you are precious and the Universe is conspiring to your happiness. A healthy attitude is when you love people, when you love yourself, when you thank God for who you are and for all the wonderful gifts you have, for all the people you have in your life, for all that has happened to you, because that has made you the person you are today.

So, your **attitude towards yourself** has a strong impact on your **self-love**, on the way you treat yourself, and so, on **your health- mental, emotional, and physical**. Your attitude towards people will have a strong impact on the response you will get from them, because if you love them, if you are grateful, if you appreciate them, if you are kind, they will love you back. So, **three emotions** are a **key to great relationships: gratitude, kindness and love**. In fact, as the most important needs of any human being are the need for connection, the need to feel appreciated and the need to feel loved, and everything that happens in your life happens through people, whether is in your personal or professional life, you need to have a very positive attitude here. And this means **always**, really always, **look at the positive and best in people, you included**. Look at the positive in people and circumstances, and they will become

that, **you will take out the best from them**, and you will attract more of that. And look at the best in you, in **how extraordinary and unique you truly are**, look at your gifts, qualities and strengths, and you will develop a healthy esteem and love for yourself.

And your **attitude towards life** will determine **your success or failure**, whether you will achieve your goals and be the best you can be, or whether you are going to struggle. Now, your attitude towards your goals is also something more than that, because the expectation of achievement, whether is the person you want to become or a goal you want to achieve, **makes you become that person and achieve what you want before** you actually have done it. It is the **Law of Attraction**. And the more you have expectations and you take actions to achieve your goals, the faster you are going to achieve them. So, let us suppose you want to be confident or you want to be successful, if you have the attitude and the expectations of being confident and successful, you are going to feel confident and successful already now. It is simply a shift in your consciousness.

Now, let us suppose you have developed a healthy attitude towards yourself, life, people, and your goals. What do you do when you encounter negative people or negative circumstances? What do you do when somebody gets angry at you? What do you do when you are driving and someone cuts in your way? Well, we need to develop an immune attitude, learn to be immune to negativity. You need to learn not to let anything disturb your peace of mind. You can simply ignore it and **smile it away**. And think that things are temporary, that if you have **a great attitude, you will create** a life where you have all that you desire and deserve, **a wonderful life, guaranteed**.

So, what is the attitude you are going to choose?

© Copyright Piercarla Garusi 2007- All rights reserved.

Piercarla Garusi is a Life Coach, NLP Master Practitioner, Hypnotic Practitioner, Director of PG Coaching Ltd. She is passionate about helping you be well, connect with your soul, be the extraordinary person you truly are, develop your spirituality and create a life that makes you truly happy. She also runs workshops on the above topics. For more information please visit: <http://www.pgcoaching.co.uk>, info@pgcoaching.co.uk