

# Seeking a Good Attitude Daily and Achieving it

**Objective:** Why is a good attitude so elusive? Why do we focus on the negative so much and overlook the positive? Wouldn't life be more enjoyable if we had a positive attitude with ourselves and with others. Seeking every day to have a more positive, Christ filled attitude.

**Song Suggestion:** Jesus, Lead the Way - #632

## Bible and Catechism Readings:

**Eph 5: 10**

Try to learn what is pleasing to the Lord.

**Proverbs 3:13**

Happy the man who finds wisdom, the man who gains understanding.

**Deuteronomy 4:40**

You must keep His statutes and commandments which I enjoin on you today, that you and your children after you may prosper and that you may have long life on the land which the Lord, your God, is giving you forever.

**Catechism 2546:**

"Blessed are the poor in spirit". The Beatitudes reveal an order of happiness and grace, of beauty and peace. Jesus celebrates the joy of the poor, to whom the Kingdom already belongs: The Word speaks of voluntary humility as "poverty in spirit"; the Apostle gives an example of God's poverty when He says: "For your sakes He became poor."

**Saint:** St. John Bosco is widely known for his joyful attitude, something that was part of his personality when he was a boy. Early on in his life he started what he called, a "**Society of Joy.**"

**Vignette:** By nature, I am a complainer. As I get order, I am paying more and more attention to my complaining and how much I do. I really want to remove this from my daily life. Interestingly enough the more I remove worldly things from my life and center my thoughts and actions on Jesus the less I seem to be complaining. Which leads me to having a better attitude. Having a good attitude, cheerful attitude is part of free will. I can make a choice to have a cheerful attitude. It is totally up to me. Or I can easily let a bad attitude creep into my being without me even knowing it is happening. The next thing you know I am complaining. Attitude is an inside job. It comes from within. It is your choice. What's it going to be? Are you going to have a good attitude today or a bad attitude? Part of my focus to help grow a cheerful, joyful good attitude is starting my day praying over the First Commandment: To love the Lord my God with all my heart, with all my soul, with all my mind and with all my strength. I believe if I can do that then my attitude will be good.

## Questions for Large and Small Group Discussion:

Do you have a good attitude or a bad attitude?

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What makes you have a good or bad attitude?

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Are you in control of your attitude or is someone else in control of it?

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Share with your Small Group how you overcome a bad attitude.

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## **Resources:**

### **The Man Who Thinks He Can**

BY WALTER D. WINTLE

If you think you are beaten, you are;  
If you think you dare not, you don't;  
If you want to win but think you can't;  
It's almost a cinch you won't.  
If you think you'll lose, you're lost;  
For out of the world we find  
Success begins with a person's will;  
It's all in a state of mind.  
Life's battles don't always go  
To the stronger and faster human,  
But sooner or later the people who win  
Are the ones who think they can.

## **Action Plan:**

If it is true, that your attitude is an inside job what can you do to make sure you have a good positive attitude throughout your daily life. A good attitude is more for the people around you than for you. A good attitude is a game changer for your life and the ones who live with you. Start practicing having a good attitude. It will make all the difference in this world and the one to come.

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