



DARE to Succeed

Diligence - Persevering determination to perform a task.

Attitude - Positive mental state involving beliefs and feelings and values.

Respect - Courteous expression of esteem or regard.

Enthusiasm - Feeling of excitement, to be inspired, love what you do.

ATTITUDE: *the established ways of responding to people and situations that we have learned, based on the beliefs values and assumptions we hold.*

Life is 10% what happens to me and 90% how I react to it.

Whenever life acts we respond. If you win the lottery you might be happy. If you lose your job you may be angry. Whatever your reaction it will depend upon your attitude. Fortunately, we control our attitudes.

In determining how we face life it is our attitude that is the key. You are not responsible for everything that happens to you, but you are responsible for how you react to what does happen to you. The formula is that, "Life acts. You react." Your reaction is under your control. In any life situation you are always responsible for at least one thing. You are always responsible for the attitude towards the situation in which you find yourself. Your attitude is your reaction to what life hands you. You can have either a more positive or a more negative attitude. Your attitude is under your control and can be changed. With the right attitude you can be a resilient person.

Attitude Drives Behavior

Your body language is a result of your mental attitude. Consciously or unconsciously, when you choose your attitude you get in that mood and send out a message with your behavior.

You have a choice as to what your attitude will be. There is nothing in any normal situation that dictates you must have a reaction one way or another. If you feel angry about something that happens, for instance, that's how you choose to feel. Nothing in the event itself makes it absolutely necessary for you to feel that way. It is your choice. And since you do have a choice, most of the time you'll be better off if you choose to react in a positive rather than a negative way.

The Power of Positive Attitude

It is not what happens to you that will count. It is how you react to what happens to you, especially when you have unexpected problems of any kind. Learn and practice strategies you can use to keep yourself thinking and acting positively and creatively.

Attitude Is Contagious

Your attitude is the first thing people pick up on in face-to-face communication. Just as laughing, yawning, and crying are contagious, attitude is contagious. Before you say a word, your attitudes can affect the people around you. Somehow just by looking or feeling you can be affected by another person's attitude, and *vice versa*. When you are operating with a useful attitude, such as being enthusiastic about a challenge set, the swimmers around you are more likely to be enthusiastic as well.

Attitude and Self Confidence

Because attitude is about how you think and feel, it is your self-confidence as well. It is your belief in yourself, your attitude toward life- be it positive or negative. It is how you feel about the future and how you react to the past.

Positive Attitude Means Longer Life

If you want to live a longer, healthier life then you need to develop and maintain a positive attitude. Researchers have found that positive thinking and attitude improved a person's health because it made it more likely that they would succeed. So not only will a positive attitude help you be healthy and live longer – but it also increases the likelihood that you will succeed.

Four Steps to a Super Attitude

- Focus On The Future
- Focus On The Solution
- Look For The Good
- Look For The Valuable Lesson

Building Your Positive Mental Attitude: Action Exercise

- Become solution-oriented** with every difficulty you face. Make a habit of looking for the answers to your questions, the solutions to your problems.
- Seek for the valuable lesson** in every adversity. Make a list of every idea or insight you can gain from every setback or difficulty.
- Think on paper.** Take some time to write out every detail of the problem, and then take the most logical next step to solve it.

How can I use My ATTITUDE to improve my swimming?
