

Your Attitude: Deadly or Dazzling

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Your attitude reflects your thoughts and feelings and is revealed in your voice, your words, and your facial expressions. Your attitude has a direct impact on the quality of your relationships and helps determine whether you engage people or turn them off. Your attitudes direct your destiny in both subtle and significant ways.

Positive attitude (we call them Dazzling Attitudes) are like powerful magnets. A person with a positive attitude looks on the bright side and tries to see the best in everyone and everything. They attract the interest of others with their optimism, enthusiasm, and love of life. Positive attitudes also seem to magically bring out the best in others.

What's it like being with those on the flip side, the people who complain, blame, and see the worst in others? Uncomfortable? Miserable to spend even a few moments in their presence? Do you find yourself concocting excuses to keep interactions with them brief or avoid them altogether? Negative attitudes (we call them Deadly Attitudes) are naturally repelling. The only thing these attitudes attract is a chain of avoidance strategies by people who don't want to catch them.

In our book, "Get Along with Anyone, Anytime, Anywhere ... 8 keys to creating enduring connections with customers, co-workers - even kids" by Arnold Sanow and Sandra Strauss here is a list of Dazzling and Deadly Attitudes. Which do you have?

Dazzling Attitude Traits

Optimistic
Courageous
Patient
Thoughtful
Cheerful
Caring
Interested
Helpful
Confident
Warm
Enthusiastic
Supportive
Friendly
Motivated
Authentic
Forgiving

Deadly Attitude Traits

Pessimistic
Fearful
Impatient
Rude
Complaining
Uncaring
Bored
Grumpy
Conceited
Cold
Apathetic
Critical
Aloof
Lazy
Fake
Vengeful

Attitudes are contagious. Dazzling Attitudes are worth catching. Deadly Attitudes are like the plague, contaminating connections and breeding bad feelings.

Attitudes are contagious. Is yours worth catching?

Arnold Sanow, MBA, CSP is a speaker, trainer, coach, facilitator and author of 6 books to include “Get Along with Anyone, Anytime, Anywhere ... 8 keys to creating enduring connections with customers, co-workers – even kids”. To make your next meeting a memorable one contact Arnold at 703-255-3133 – www.arnoldsanow.com – speaker@arnoldsanow.com