

"Life; it's an ATTITUDE thing!"

The golden links that bind us, it seems, is something we all learned in Kindergarten. Treat others as you would like to be treated. This simple idea, if applied in our daily lives, could solve a lot of conflict. In other words, "Life; it's an ATTITUDE thing!"

There is little we can do about the attitudes of others if we don't have a positive outlook ourselves. Sometimes, taking a step back, a long breath, and a second to think, is all it takes to make a difference. If the question is posed, "Did you see the senseless thing she did?" One response might be, "That was senseless; who put her in charge?" A better response might be, "I wonder if she needs some help?" With the simple choice of words, a better situation could then become a positive rather than a negative. ATTITUDE.

Asking, "How was your day?" rather than "How was work?" shows concern for the individual rather than the job. We become sensitive to the manner in which a question is asked, the actions taken, and responses given. Again, ATTITUDE.

By choosing to "look on the bright side," you are less likely to see the dark side. It takes more effort to have a negative attitude, rather than just keeping a positive one. We have no way of knowing the pain someone may be experiencing, or the obstacles she may be overcoming, unless we make an effort to understand her circumstances. My mother always told me, "Be aware of your surroundings!" That doesn't always mean just with your eyes. I believe it also means with your ATTITUDE! As the Action Team's logo pin says, "Attitude is everything!"

We should approach each new day as an opportunity to strive to do our best, to help someone else who may be struggling with a problem, to be more aware of our surroundings, and to be grateful for our lives. In fact, "Life; it's an ATTITUDE thing!"

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