

ATTITUDE IS
EVERYTHING



rippa!
attitude

Session 1

Attitude is EVERYTHING

Your attitude is of VITAL importance to your success. Your attitude impacts on your success in everything you do. It is your attitude that affects what you ultimately achieve.

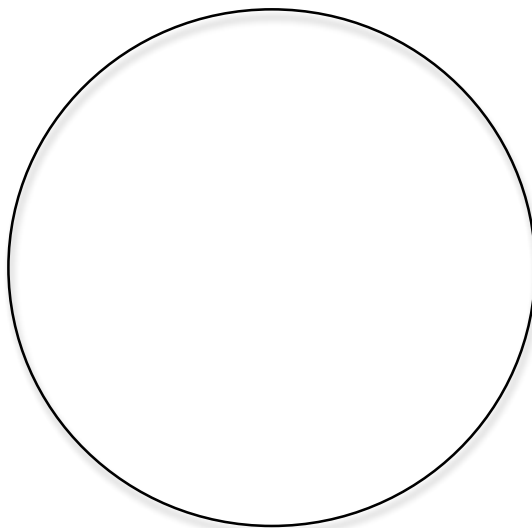
When you face challenges and things get tough, as they inevitably will, it is your attitude that makes the difference. Your attitude is the difference between doing the best that you can through persisting or simply giving up.

There are a number of factors that ultimately determine your success. These include your skills, knowledge, attitude and luck.



Activity

In a group of 3 or 4 discuss how much each of these factors contribute to your success.



Skills
 Knowledge
 Attitude
 Luck

Represent your opinion on this pie chart

Our attitude ultimately determines how well our skills and knowledge develop. A poor attitude limits the development of our skills and knowledge as well as the quality of our relationships with others.

Our energy level is also closely linked with our attitude. People with lots of energy usually have a positive, 'can-do' attitude. Energy and attitude are as closely linked as the chicken and the egg. Whilst they tend to go together, we believe it is the attitude that comes first.

Ultimately we have a choice. We CHOOSE our attitude! We can choose to be positive and upbeat or we can choose to be negative and filled with doom and gloom.

It's really up to you! **The most important choice you make EVERY day is your attitude.**

At one end of the scale there are lots of people with boundless energy. They have energy like a typical four-year-old. From morning to night their high energy levels ensures that they fill their day with action until they finally fall asleep at night – only to rise again the next day to continue. I could never imagine a four year old going to their parents and saying something like this:

“Dad, it’s been hell out there in the sandpit today. I’ve had three trucks go down and one bridge keeps falling over. Frankly, I’ve had enough! I’m just going to head upstairs for a couple of hours and grab some sleep, so if you could wake me up in time for dinner that would be great!”

At the other end of the scale, I wonder if you have ever known someone who was basically dead, but not buried yet. These are the people who, when you ask them how they are and they tell you, you wish you hadn’t asked! You think to yourself, *“I didn’t want to hear all of that negativity ... I was just being polite.”*

Now we’re not denying that life has its ups and downs. What we’re talking about are those people who live permanently at the lower end of the scale. They are constantly negative and spend the limited energy that they have, whinging and complaining.

What were the first thoughts that ran through your mind this morning as you woke up?

The first thought that will go through the typical four-year-old’s mind as soon as they wake up is, “Rippa!” Under normal circumstances, they bounce out of bed knowing that waking up means a brand new day to discover, play and learn!

We suspect that very few teenagers (or adults) wake up each morning and think, “Rippa! ... I’m awake ... let’s go! I can’t wait to go and discover, play and learn.”

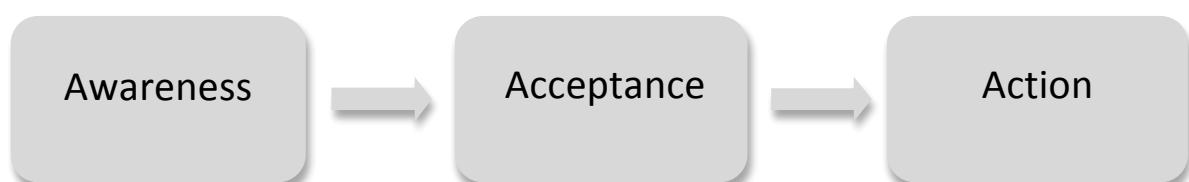
Sadly, most teenagers (and adults) wake up and as soon as their eyes start to open, that’s when the whinging and complaining start.

“Oh no, it’s Tuesday again. Double maths! I haven’t finished my homework, she’ll pick on me for sure, she hates me and she always picks on me. When I get home I’ve got jobs to do. I hate Tuesdays! Oh, if only it was Saturday again, I’d just roll over and pretend it wasn’t happening!”

Sound familiar?

Before we are ready to take any action to improve ourselves, we must first become **aware** of both the problem behaviour and a better alternative. The second step is to **accept** that things would be better for us if we behaved differently and took some **action**. If we are not aware of the need to change, know a better alternative behaviour and accept that we could improve in this area then we won't take the action necessary to improve.

Awareness and Acceptance need to come before Action.





Activity Take a minute or two now to reflect on who you are.

How self-aware are you? Do you know your strengths and your weaknesses? Most people, if they are being honest, have a pretty fair idea of the things that they are good at and the areas in which they can do better.

Complete this self-assessment and then discuss your responses with your neighbour.

Strengths - I'm good at....

Weaknesses - I'm not so good at...



Do you work better on your own or with others?

Are you more likely to confront a difficult situation or avoid it and hope it goes away?

What three words would YOU use to describe yourself?

What three words would your PARENTS use to describe you?

What three words would your TEACHERS use to describe you?

What three words would your FRIENDS use to describe you?

Each of us are competent at many things and incompetent at other things. Tick where you feel you are along the line between incompetent or expert at each of these activities.

	Incompetent	Expert
Using email	-----	-----
Playing a guitar	-----	-----
Sewing on a button	-----	-----
Solving sudoku puzzles	-----	-----
Changing a flat tyre	-----	-----
Solving crossword puzzles	-----	-----
Playing Scrabble	-----	-----
Playing chess	-----	-----
Writing poetry	-----	-----
Speaking French	-----	-----
Writing music	-----	-----
Cooking pasta	-----	-----
Playing tennis	-----	-----
Solving quadratic equations	-----	-----
Driving a car	-----	-----
Making a cake	-----	-----
Shopping for clothes	-----	-----
Programming using HTML	-----	-----
Sending an SMS	-----	-----
Flying a plane	-----	-----
Playing a PS3	-----	-----
Writing a letter in Japanese	-----	-----

Our opinion of our competence is often based on comparing ourselves with the competence of others. You might be a competent tennis player amongst your classmates but you would seem less competent when compared to Rafael Nadal. In these areas we are conscious of our ability. If we see that we are not as competent as we would like to be, then we can make a decision about whether or not we would like to develop in that area.

However in some areas we may not be aware of our own competence. In some areas we are not conscious of our own ability. We can be unconsciously competent or unconsciously incompetent.

The only way to become conscious is to be open to feedback from those around us whose opinion we value.



Activity Take a few minutes to reflect on your competence in these areas.

	Never	Often	
Knowing when a friend is upset	-----		<input type="checkbox"/>
Taking a joke too far	-----		<input type="checkbox"/>
Being 'high maintenance'	-----		<input type="checkbox"/>
Being too sensitive	-----		<input type="checkbox"/>
Bossy	-----		<input type="checkbox"/>
Organised - have materials I need	-----		<input type="checkbox"/>
Whinge and complain	-----		<input type="checkbox"/>
Punctual	-----		<input type="checkbox"/>
Moody	-----		<input type="checkbox"/>
Reliable	-----		<input type="checkbox"/>
Helpful	-----		<input type="checkbox"/>
Enthusiastic	-----		<input type="checkbox"/>

Tick the box on the right if you might be 'unconsciously' incompetent in this area and need to check with others.

Life is FULL of dichotomies. Two words that are opposites make up a dichotomy. The following are common examples.

NIGHT AND DAY

Good and bad

Right and wrong



Activity List as many other dichotomies as you can in 60 seconds.

Less of ...More of ...?

Thinking of our behaviour in terms of a dichotomy can help identify things that we should do 'less of' and 'more of' in order to get the outcomes we want.

If you would like to increase your energy, have a more positive attitude, less stress and better relationships with others, there are practical things you can do. Less of some actions and more of others!

Be prepared to reflect, experiment, test and play. Ask people who know you well to offer their honest opinion.

Having good intentions is a great start but it isn't enough. It's what we actually DO that counts! Ultimately it's about our actions; the behaviours we choose.

We can't '*intention*' our way into being more effective. We have to behave our way into being effective. We can't intention our way into better relationships. We have to behave our way into better relationships. We can't even intention our way into better health. We have to behave our way into better health.



Activity

Think about actions that you can do **Less of...or More of...**to be a better person.

Less of.....

More of

Find out more by subscribing to the rippaATTITUDE YouTube channel and view these videos or watch them on www.rippaATTITUDE.com.au



rippaAttitude Energy of a four year old



rippaAttitude Choose your attitude

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