

## Attitude (Positive)

“Nothing can stop a man with the **right** mental attitude from achieving his goal, and nothing on earth can help the man with the **wrong** mental attitude.” -- *Thomas Jefferson*

“It is not your aptitude (natural ability), but your **attitude** (thoughts/feelings) that determines your altitude (level of success).” -- *Zig Zigler*

### Thousands of studies on the impact of attitude on health and longevity:

- Positive mental attitude = Better health and longer life
  - Stronger correlation than obesity to reduced lifespan
- Anger = Increased Heart Disease (x 2.7)
- Anxious, Unhappy/Depressed = Increased High Blood Pressure (x 2.0)
- Frustration, Tension, Sadness = Increased Coronary Artery Disease (x 2.0)
- Chronic Worrying = Increased Heart Attacks (x 2.5)

### Positive Value of the Serenity Prayer:

- **God**, grant me Your **serenity** to **accept** the things I cannot change; Your **courage** to **change** the things I can; and Your **wisdom** to **know** the difference.

**Improving your attitude** (positive thoughts/feelings) **will improve your life** (quantity and quality)!

### What can you do to brighten your outlook on life?

- **Wake up early.**
  - Time for personal devotion.
  - Eat a healthy breakfast.
  - Get a head start on your daily tasks.
    - Reduces stress.
    - Increases confidence and optimism.
- **Exercise.**
  - Increases blood flow throughout your body and to your brain.
  - Gets you outdoors (air, sunlight, nature) and has a calming and joyful effect.
  - Each active 5-minute break will help you feel and think better.
- **Plan ahead.**
  - Less stress.
  - More efficient.
- **Expect the unexpected.**
  - Understand that things often do not go according to plan.
  - Turn your obstacles into opportunities.
- **Get and stay spiritually connected.**
  - Grow your relationship with (dependence on) Christ.
  - Be involved with enjoyable and enriching church functions (worship, fellowship, mission).
- **Be thankful.**
  - “When life feeds you waves, learn how to surf!”
  - Focus less on yourself and more on others.
  - Outward thinking improves and protects mental health.

- **Spend time with positive people.**
  - People naturally take on the emotions around them.
  - Intentionally choose to be around people who add cheer and love to your life.
- **Claim and Live God's Promises:**
  - A joyful heart is good medicine. (Proverbs 17:22)
  - For the happy heart, life is a continual feast. (Proverbs 15:15)

**In achieving our goal of living to 120, a positive attitude is an important habit that we should make part of our healthy lifestyle.**