



Your Attitude

Attitude is the settled way in which we think about things and feel them. Adjusting your attitude simply refers to thinking about things in a new, different way. When you choose to adopt a positive attitude, you bring about positive thoughts and when you choose a negative attitude, you provoke negative thoughts. Your attitude is what governs your life experiences in every given situation. The practice of exercising a positive attitude is a powerful mechanism for healthy self-esteem.

For example, if you don't score a 100% on your test and then have a negative attitude, you might generate the negative thought, "I'm so bad at everything. I don't ever manage anything," and then you will feel despondent, miserable, angry, or incapable. However, if you have a positive attitude, you might generate the positive thought, "I did quite well on my test, if I work harder I may get even better grades," and then you will feel accepting of yourself, optimistic, and satisfied. Oh and did you know? You can always pick which attitude to use.

Take the Step

Always choose a positive attitude and generate positive thoughts about yourself.

Exercise

Run a few laps, work out, and when you feel extremely thirsty, set a glass half filled with water in front of you. Now choose a positive attitude and generate positive thoughts about this water, like "Alhamdulillah, Allah ﷻ granted me water. This is just what I need — half a glass of water!"

Ponder over how you feel with these positive thoughts.

Now choose a negative attitude and generate negative thoughts about this water, such as "I have such little water. How will it ever quench my thirst?"

Ponder over how you feel with these negative thoughts.



You must have noticed that your attitude and your thought process created either a positive or a negative experience for you.

Now, as you go through your day, acknowledge how you have the ability to change your attitude at any given moment and choose to create either positive or negative experiences of your life and yourself.

When you miss a position by a few points, tell yourself, “Alhamdulillah, I was able to get that close.”

When your parents are very strict with you, you can think, “I am grateful to Allah ﷻ for giving me parents that love me enough to care what I do.”

When you’re facing a hardship, you can think, “I know I can do this.”

All in all, the habit of developing a positive attitude toward yourself helps create a healthy self-esteem.

Casestudy

Zaida took part in a competition and she didn't win it. She felt upset, frustrated and disappointed in herself. She kept complaining about how dense she was.

Her friend Ammarah turned to her and said, “Zaida, I know you are upset, but you’re not foolish. It was just a competition and it is okay to lose. Your attitude is ruining the fun for both of us. Why don't you think positively and consider the fact that you were selected to deliver in front of so many people! It's a fun day and we will enjoy today.”

“I guess you've got to be right,” Zaida said. “Whining about it just makes me feel worse.”

Zaida changed her attitude, was grateful for the chance of performing confidently in front of so many people. She ended up feeling better about herself and enjoyed the rest of the day.