Attitude Adjustment

By Joyce E. Pennington

As drill team members and directors, we all seem to experience the "mid season slump" that causes our attitudes to lag and our spirits to drag. It is quite a mystery as to what the exact formula might be to lift ourselves out of this bottomless pit that seems to haunt us year after year.

It is all quite normal to experience this small form of negativity but we must be prepared to deal with the problem by planting "positive seeds" ahead of time.

First you must set daily, weekly, monthly and yearly goals. Write them down on a calendar you look at daily then check them off as you move to the next challenge. Even a daily checklist is good for the soul to monitor your small daily goals and tasks.

Second, organize your schedule for a certain amount of daily "quiet time". There is a certain peace you can gain from even 5 to 10 minutes of uninterrupted tranquility with no noise or pressing thoughts. This attitude adjustment can be the best remedy when you are fatigued and fussy.

Third, find positive results from even the most negative situation. Present it to yourself as a learning experience to help you grow and prepare yourself for future situations. Learn to accept a problem then divide and conquer. Do not dwell on a negative situation - it will grow.

Fourth, do not waste energy on anxiety. So many times we worry about hurting feelings as we enforce rules or panicking in an un-planned situation. You can conserve energy by accepting the status quo then beginning a "game plan" of how to solve the problem and knowing that the world will still turn and life will move on.

Fifth, take time to plan well and be organized. Executing the proper steps and planning along with accurate documentation will save time, frustration, and anxiety in the future.

Sixth, slow down for that all important deep breath of relaxation and sparkling smile that might warm someone else. It will always come back to you tenfold. Remember, the gift of a smile, a hug, or a special word of thought is the most valuable gift you can give without spending a penny. Take time to share these free gifts with others and you will find a new attitude for life.

Attitude

By Ken Hatfield, Clemson University Athletic Dept.

William James said, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." If your attitude is not what it should be you can change it, and by doing so, you will change your life -- for you will make it possible for you to be what you want to be!

Whether or not you create a winning attitude is entirely up to you. Your Creator has endowed you with the ability to choose. You can choose your vocation, your hobbies, your friends. You can choose what sport you want to play and how far you want to go in that sport. And you can choose to have a winning attitude. It's entirely up to you! But nothing -- absolutely nothing -- is more important to you on your road to the WINNER'S CIRCLE!

In summary:

1. More athletes fail through faulty mental attitudes than in any other way.
2. Attitudes are habits of thinking. You have it within your power to develop the habit of thinking the thoughts that go to make up a winning attitude.
3. The foundation for the proper attitude consists of developing the habit of thinking positive thoughts.
4. Tell yourself constantly that you can do something and you will. Tell yourself you can't and your subconscious mind will find a way for you not to do it.
5. A desire to win and a desire to prepare to win are important ingredients of a winning attitude.
6. Before you can scale the heights of athletic greatness, you must first learn to control yourself from within. Control your emotions.