

TIPS FOR NEW NONSMOKERS

Attitude

By Charles Swindoll

The longer I live, the more I realize the impact
of attitude on life.

Attitude, to me, is more important than facts.
It is more important than the past,
than education,
than money,
than circumstances,
than failures,
than successes,
than what other people think or say or do.
It is more important than appearance,
giftedness or skill.
It will make or break a company...
a church...a home.

The remarkable thing is we have a choice
everyday regarding the attitude we will
embrace for that day. We cannot change our past...
we cannot change the fact that people will
act a certain way.
We cannot change the inevitable.
The only thing we can do is play on the one
string we have,
and that is our attitude...
I am convinced that life is 10% what happens to me
and 90% how I react to it.

And so it is with you...
We are in charge of our attitudes.