

**August 2016**

**Video Clip: Attitude**

What is attitude? As the dictionary defines it, attitude is a way of talking and behaving. However, its significance in our lives is much more.

Attitude is a way of life. The remarkable thing is we have a choice everyday regarding the attitude we embrace for that day. As they say, the only difference between a good day and a bad day, is your attitude. We cannot change our past, or we cannot change the way certain people think. We cannot change what's inevitable. However, the only thing we can do is play on the string we have, and that is our attitude.

“You can change your future by changing your attitude”

One of the most important steps you can take toward achieving your greatest potential in life is to learn to monitor your attitude and its impact on your work performance, relationships and everyone around you.

Our attitude is what influences all our actions. It is only the right attitude, which gets us good results. All the smiles and hand-shakes are not going to get you far, if you do not have the attitude to help others, without any selfish expectations in return. If you expect something in return, then it is not help, it is only a favour, and you are only interested in your own selfish desires.

For me attitudes are evaluative statements that are arising out of an individual's perceptions about his environment based on his experiences and value system. An individual's attitude towards his work place reflects his perceptions about his organization and translates into his performance.

In the case of medical professionals, e.g. doctors, their attitude is tempered by the demanding nature of their jobs. Doctors are highly qualified professionals, and their jobs require not only advanced technical skills, but also the art of communicating with people, in addition to an unswerving inclination to serve.

Over the years, the dynamics of the interaction between medical men and the public has undergone a surreptitious change. The relationship between the two has assumed formal overtones, with doctors being grouped into an organized sector with a structured management. The job of this management assumes unprecedented proportions when one

considers that the loss of productivity in a section of doctors as a fallout of decreased job satisfaction could translate into the loss of human lives. Seen from this perspective, it becomes imperative to understand the attitude of doctors towards their work and workplace.

The attitude of a medical person towards their work and workplace should be professional as well as friendly. Whether in a person's job or elsewhere, a person should avoid 'Passing the Buck'. By accepting any responsibility, a person is actually promoting himself. A person should be positive in his interpretation of another person's actions. A doctor should not get paranoid or expect the worst. A doctor should be an Empathic listener. He should seek to understand, what the other person is trying to communicate, with an open mind. He should not try to dominate his talk, or judge him with his own views.

A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but it also affects your environment and the people around you.

As it is said I quote "positive attitude changes everything"

If this attitude is strong enough, it becomes contagious. It's as if you radiate light around you.

Attitude determines outcome. This truth is accepted by most of the successful people of the world, whether it is a doctor going for a surgery, or a businessman launching a new venture. It is attitude that provides them the winning edge. Thus, a correct and a willful attitude is the key to success.

I am convinced that life is 10% what happens to me and 90% how I react to it. As so it is with you ... we are in charge of our attitudes.

As Amy tan quotes "If you can't change your fate, then change your attitude"

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