

# Attitude VS Happiness

When facing a challenge, encountering a change, or pursuing a goal (losing weight, finding a better job, etc.) you will adopt one of four attitudes. The attitude you chose, yes it is a choice, will determine whether you are successful or not at achieving your outcome. In the worlds of peak performance, self-help, and financial success, self-motivation and attitude are everything!

The four types of “supported attitudes” are:

- 1) The Dreamer—head in the clouds but feet not on the ground. Happy-go-lucky, nothing is ever going to get me down, yet not leveling about reality of the situation. *The glass is not half full or half empty. There is no glass.*
- 2) The Optimist—Always looks for the positive and usually finds it. Head in clouds but feet are on the ground. Constantly seeking solutions, turns challenges into opportunities, and believes that life has a wonderful way of working out no matter what the odds. *Why does the glass have to be half full? Let’s make it overflowing!*
- 3) The Troubleshooter—Often mistaken for a pessimist, troubleshooters continually look for problems and possible mishaps. This is done not to be negative, but to be prepared in case the worst occurs. Being “problem focused” often prevents one from dreaming or pursuing larger goals because they are too preoccupied with what’s happening in the moment. *Why is the glass half empty? Is there a leak in it?*
- 4) The Pessimist—Continually feels like a victim, as though nothing will ever work out and there is nothing that can be done about it. Looks for problems, yet has no intention of fixing them. *The glass isn’t half empty. It’s completely dry!*

These four archetypes not only have different approaches to life changes, they experience radically different results.

- Dreamers are often shot down when they reach too far or expect too much. They are quickly disheartened when things don’t go their way and will often hop from one “cause” to another, never really putting in the effort or work that’s needed to accomplish the goal. *If a dreamer were in a sinking boat, he might say, “I’ve been wanting to go for a swim. Is that a shark? Let’s hug him.”*
- Optimists often see life as generally positive and even in failure they find success. Setbacks are merely reasons to try harder and even if they don’t reach their end goals, optimists are happier with the results they do achieve. They are quick to take action and are better at following through and completing tasks than most because they believe they will succeed. This is why optimists are shown to be twice as happy and successful as any of the other archetypes. *If an optimist were in a sinking boat, he might say, “Let’s patch the boat and get to shore. Everything is going to be fine!”*

- Troubleshooters have a tendency to see the glass as half empty but feel challenged to fill it and can often be relentless in getting what they want. They are great at problem solving and finding the loopholes in any situation. They are also exceptionally good at deductive reasoning and figuring out problems in their head, yet aren't as good at taking action and following through. Before they've had a chance to take action, they've already figured out ten reasons why it might not work out. *If a troubleshooter were in a sinking boat, he might say, "That patch isn't going to work and you better get the water out of this boat if you don't want to drown. I knew when I saw this boat I shouldn't have gotten on it."*
- Pessimists are Eeyore's. They believe that even on the most beautiful day it's storming somewhere. They are so heavily focused on problems that the thought of changing feels completely overwhelming. The only way they know how to connect with others is through complaining and blaming, which only provides them with more things to complain about. They are excellent procrastinators and because they don't take responsibility for their own actions, believe that everyone else has the problems. If a pessimist were on a sinking boat, he might say, *"Why bother fixing the boat. We are all going to die."*

**These types of people fall along a "locus of control" scale, from one end to the other.** Dreamers don't take responsibility for their actions because everything is as it's supposed to be. That's a great philosophy when you're seven, yet not as practical when you're an adult. Pessimists don't take responsibility either, but it's not because they don't care to. Rather it's because they don't realize they have any power or choice in the matter, which of course, is false.

**Optimists and Troubleshooters are the best two supported attitudes.** They approach life very differently yet both have strong advantages over the other two. For more on developing your winning attitude, see chapter 14 of "Get Out of Your Way!" the ultimate guide to overcoming self-sabotage. It's available at [www.TimShurr.com](http://www.TimShurr.com)

So which of these attitudes are you supporting most? Take a good hard look at your previous efforts to change or grow. Examine how you think about the events that occur in your life. Do you take responsibility or blame others? Do you look for solutions or more things that could go wrong? Do you really believe things will work out or do you go through life holding your breath, hoping for the best but secretly expecting the worst? Do you take action or wait to see what happens?

**The perfect balance is somewhere in between being an optimist and a troubleshooter.** Be realistic and look for potential problems before taking action, but at the same time keep your eyes on the prize and believe you will succeed. Every road has potholes but it shouldn't stop you from driving forward!

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