



Goin' Fishin' With Lea Anne

Choose Your Attitude

- As Bear says in FISH!, "You gotta choose where you're gonna be as soon as you get out of bed. I consciously make that choice every day."
- Most of us believe our attitudes are caused directly by outside influences like unpleasant experiences or negative people. But while external pressures may trigger our feelings, we are the ones wearing those feelings like a suit of clothes. We can either be subservient to external events, few of which we have any control over, or we can take charge of our own response.





Choose Your Attitude

- “Choosing your attitude” is not always putting on a happy face or feeling pressure to adopt the outlook that’s “officially” acceptable. Sometimes angry or sad are what’s called for. That’s why choosing your attitude is about being aware of what your attitude is, and that it does affect you and others. Once you are aware of the impact, you may view your attitude differently, even if the situation or person that upset you hasn’t changed. Then you can ask yourself, “Does my attitude help me or others? Is it helping me be the way I want to be?”

“Choose your attitude” asks only that you make your own choice and not try to pass it off on something or someone else. Once you accept that you are the only one who is choosing your attitude at this moment, you can decide whether to keep it or shape it into an attitude that’s more satisfying. You control your attitude, not the other way around.



Be There

- To “be there” for another person has a powerful effect.
- Think about how good it feels when someone gives you her or his undivided attention, focusing on your needs and feelings. Now think about how it feels when someone with whom you are “interacting” barely looks at you.
- Listening is a big part of being there, but it’s more than that. Too often we listen like we are in a debate: Our minds are focused only on gathering information for the brilliant comeback we are determined to make. But it’s difficult to hear what another person is saying if our minds are stuck on what we want to hear. Being truly present means suspending judgment while you’re listening.

Be There

- What's more, given all of life's distractions, to "be there" can be a challenge. Cell phones ringing, e-mails coming in, many people vying for your attention. But, there are many costs when you aren't fully present: You're likely to miss important moments if you're not "there" for your friends, family, coworkers and students. You may be physically present, but you're emotionally absent. Relationships start to feel empty and people seem like temporary stops on your way to some other destination.
- In FISH!, a fishmonger says that when you aren't present, you simply bring yourself back to now. There's nothing magical or mystical about it. All it takes is awareness, commitment and practice.





Make Their Day

- “Make their day” can be a big production—giving a present, taking someone out to dinner—but it doesn’t have to be. It might be as simple as holding open a door for someone, asking about a person’s family, saying thank you. It might mean telling a friend, from your heart, how much you appreciate all they do for you. It moves past just being civil or pleasant—it’s taking that extra step you didn’t have to take. And that makes all the difference.

At a deeper level, “make their day” means taking a genuine interest in the unique gifts of others. Spontaneous or planned, when you make the effort to brighten someone’s day—not because you want a reward, but because that’s the person you want to be—you receive an internal gift that makes life even more meaningful as well. No matter what, making someone’s day is a win-win. Every single time.



Play

- What is playing? Hide and seek? Tag? Well, in some cases, maybe! But overall, "play" speaks to that kid we all still have deep inside of us. That person who never hesitated to ask "Why?" or "How come?" That person who looked at the world creatively and openly. And who never hesitated to see the humor in it all.
- Everyone can benefit from a little lightening up during the day. People who find ways to incorporate "play" into their daily lives approach their work, responsibilities and challenges with energy and enthusiasm. Some of the best innovations in the world are a result of playing with ideas.
- Some of the most serious environments can also benefit from a sense of playfulness. It is this that allows us the freedom to tap into our inner, innovative being -- unearthing that which helps our organization fly forward into the future. Successfully.



Thanks for takin' the
time to go fishin'
with me!

- Questions?

