

## Attitude

**Your attitude is everything.** Your attitude upon approach, delivery and departure is very crucial not only to your well being, success and health but to others as well. Your whole makeup is embedded within your attitude and is what you use to navigate your way through life. **If you have a bad attitude** you should expect things not to go well, but when you **maintain a good attitude** you stand a better chance at good things occurring in your life but you should not expect this, why? Because if you only expect good things, maybe you will get them but when you expect exceptional things to occur, that means you are working toward making them happen because that is the attitude you display and that is your goal. Why would you allow it to be any other way? You do not have to overachieve to get good things to fall into place in your life but you must put in the work to get the ball rolling. **When you condition your mind for success** there is no room for failure (on a small scale some failure is unavoidable) and you will not look to fail. **Failure is not on your agenda but you must always prepare for it.** Always condition your mind for the unexpected but always maintain your course. We all go through something; situations and things we do not want to go through or necessarily wish to address but you must persevere and address all issues in your life. After all, you did go through prison, right? And in doing so you addressed those issues that brought you to its gate, even though you did not want to and you made it through. Now you must continue your journey. There is always that chance you may be pulled over by a police officer, whether while driving, riding a bike or walking. This will be one of many tests you will have to endure, address and make it through and prove that you can keep your attitude in check. **You will be scrutinized** in the airport again, check that attitude. You may pull up at a 24 hour restaurant drive-thru and be refused service. Do not cop an attitude because you assume you are not being served for a certain reason. FYI, every 24 hour restaurant takes an hour break and you may have driven up at the wrong time. That's why it is good to ask questions and not judge or get upset. **Remember** you have been away so you must make these adjustments. These are just some of the situations you will most likely face as you reenter society and you must approach every situation with your best attitude.

You are not looking to cause any noise out there. It may be tough at first approaching every situation with your best attitude but that doesn't dismiss you from making a conscious effort to do so. **When you maintain a good attitude** others around you will most likely have a good attitude as well and you will feel way better than you would if you carried around a bad attitude. The attitude test will assist you in surviving society and keep you from becoming a repeat statistic of the prison system. **A negative attitude can easily turn you into a negative reactor.** This isn't what you want. Keeping a positive attitude will also help you to think and function clearly. **It is not your duty to attend every argument you are invited to.** You should be a subjective reactor meaning, you should always give each situation you encounter the benefit of the doubt and always be willing to find a peaceful and positive resolution to the end. **A poor attitude will eventually lead to an altercation or many,** especially if you do not keep it in check. **Violence is a public health issue that has a substantial negative impact on individuals,** their family, community and society as a whole; which affects millions a year and should be avoided at all cost. Do not force yourself to be a screw up project when you do not have to be. **You have walked that line already and there is no need for a repeat.** It is time you walk a new line, a positive one for the remainder of your life, your family and friends. **Ask yourself every day, "AM I being humble, do I have the best attitude I can have?"** Never impede your purpose or progress in life by not remaining humble. Here is what I learned through personal experience...**nothing lasts forever.** You do not have to walk around smiling all day long but you do not have to frown, either. **Wearing a frown mask** will not only cause stress and headaches, it is an invitation to be approached in the same manner and will also cause you to seek things that will further anger you. **Deal with things as a whole** not just in a one sided way; your way, but equally. If something causes your attitude to change from normal it will be imperative that you learn what that cause is then quickly get it in check because **one issue can lead to others** if you do not. There is always a reason for an ex-felon to lose in these types of situations in the eyes of the law and rightfully so. **You must always remain within the realm of your personal contract to succeed. Your overall transition from prison to society is up to you and the effort you put forth.**

No one can put forth a better effort than you because it really does not affect them as much as it will affect you if you fall below the level in which you need to succeed. You may dilute your cool-aid with water if you wish but **do not be delusional about how you are expected to conduct yourself in society.** If you act like a boy or girl out there, make no mistake about it, you will receive an adult size punishment that may just last forever so, you may want to think about it the next time your attitude begins to turn sour. **Be mindful, thoughtful and considerate when you are dealing with others** and do not make everything about you all the time. You may even consider joining a trade school to enhance your skills, receive higher pay and improve upon your chances of success, confidence and self-esteem, at the least. This can also teach you discipline on many levels. You owe it to yourself to take this approach. Ask yourself the following questions: **What is the cause of my anger? Can I consistently recognize my body signals to anger? Do I recognize my anger behaviors? Can I consistently direct my anger?** These are just some of the questions you must find the answers to in order to have balance in your life. Always think and be positive. **Always find an alternative to violence. Install a safeguard between you, your actions and anger.** Have a network of family and friends you can confide in when you feel you are going through any anger issues. The inner fear of being judged by others is far better than losing your cool and finding yourself in a bad situation. **There is no reason to actually catch an attitude just because you are being looked at.** You or no one else can keep any other individual from looking at whoever they want to look at. This looking thing has always been and will remain a part of the makeup in this country and there are so many reasons it is done. This is just one way people learn about others. Once you recognize anger creeping up this is a good time for you to walk away and regroup. **Do not wait until you are at your worst to do your best.** The world does not belong to you nor does it owe you anything. It is also not against you, do not be against it. **Nor does anger belong to you therefore you should not allow it to rent space within you. Blend in, fit in and behave the laws of society. It is worth it.** A bad attitude can screw up the cosmos of your world and everybody around you. Why make them suffer?