

# 9 WAYS TO DEVELOP A **WINNING ATTITUDE**



# INTRODUCTION



When you change your attitude through your mindset you can completely change your life. If you want to be a winner rather than live a life of mediocrity then you need to change your attitude to life. Successful people in all walks of life all have a winning attitude that drives them forward every day. You are not born with a winning attitude. It is something that you cultivate throughout your life. Only a small percentage of the population has a true winning attitude because it takes time and effort. Most people prefer an easy life – but then complain about how things are not the way that they want them to be.

If you want to be successful in life then the best way to do it is to model someone that has experienced the same or similar success. Most people do not do this and tend to take advice from people that have not achieved what they want to achieve.

In this powerful report we will show you 9 ways that you can develop a winning attitude in the fastest possible time. If you are looking for some overnight miracle then you will be very disappointed as this doesn't exist. But if you are willing to use the techniques in this report on a consistent basis then you will get the results that you desire.

# DEVELOP A POSITIVE OUTLOOK



Our world is full of negativity. Turn on the news on TV and it is there. A lot of people spend their life complaining about what a raw deal they have. Of course this is never their fault it is always someone else's.

The truth is that the way you choose to see life and your future is totally down to you. If you see it in a negative light like so many people do then you are not going to achieve much. But if you make the switch to a positive outlook then everything seems possible.

All of us experience negative thoughts in our heads no matter how successful we are. It is how you deal with these negative thoughts that makes all of the difference. We are also surrounded by negativity from the media, our friends and family and other sources. Again how you handle this negativity is very important.

The bottom line is that you can ensure that you only allow positive thoughts to permeate your mind. It takes a bit of practice but you can certainly do it. If a negative thought enters your head such as "you will never be able to do that" then you can neutralize this with a positive thought such as "I can do anything". It is going to take some effort and time to perfect this process but it will work and will certainly be worth it for you. You have a conscious mind and a subconscious mind. Your conscious mind deals with the things that you interact with in this world including the thoughts in your head.

Your subconscious mind is a lot more powerful and stores beliefs and habits that you have accumulated over the years. The reason that you experience negative thoughts in the first place is due to your subconscious mind. Maybe you failed at something in the past and your subconscious has stored this and will remind you of this. The good news is that you can change what is stored in your subconscious mind. And you need to do that if you want to develop a winning attitude. Your subconscious mind cannot tell the difference between a negative or positive thought. It will allow anything in if your conscious mind allows it.

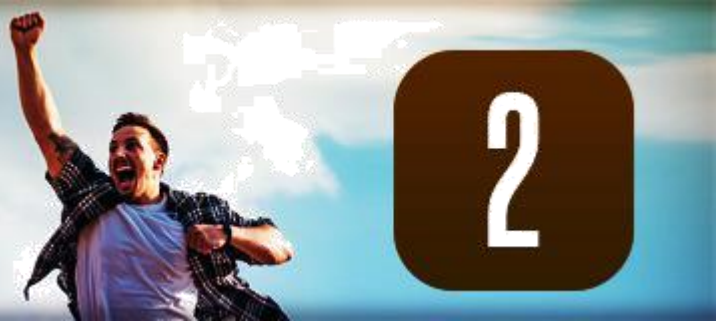
Your conscious mind is the gatekeeper to your subconscious. If you allow yourself to be dominated by negative thoughts then this will have a significant impact on your subconscious. The same is true if you let positive thoughts dominate your mind.

When you neutralize negative thoughts with positive ones you prevent the negativity reaching your subconscious. There are other things that you can do to train your subconscious to provide you with a positive outlook such as visualization and positive affirmations.

Please answer this question:

Do you believe that you can achieve anything? If you do then you already have a winning attitude and mindset. If you don't then you have work to do.

# KNOW WHAT YOU WANT



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What do you want from your life? Where do you see yourself in the next five years? How would you answer these questions? Most people will tell you that they don't know or they have never thought about it. It's pretty sad that so many people never take the time to think about what they want from their lives.

For a lot of people, deciding what to have for dinner is a major issue for them. You do not want to be in this situation. You need to be totally clear on what changes you want to make in your life and have some goals to pursue.

The reason why most people do not know what they want is because it takes effort to think about it and make the decision. We live in a world that is full of distractions so it is much easier to waste your time with social media than it is to think about your future.

People with a winning attitude know exactly what they want from life and when they intend to get it. They set themselves challenging goals and achieve them due to their winning mindset. They don't sit still and wallow in contentment. Instead they push themselves to achieve even more in life.

So you owe it to yourself to identify what you want in life. Get a pen and paper and go somewhere quiet where you won't be disturbed. Think about the different areas in your life such as your career or business, your finances, your relationships, your health, your skills and so on.

Ask yourself questions to determine what you want. So for career or business you could ask "what kind of career or business do I really want?" For health you could ask "what can I do to improve my health?" Write down the answers that you get from your subconscious mind (yes your subconscious will provide you with answers).

Write your answers in the positive. So if your subconscious tells you that you need to start an online business to earn extra income then write "I will start a successful online business" or something similar.

Spend as much time as necessary repeating this process for the different aspects of your life. At the end of the exercise you should have a fairly long list of things that you want to achieve. An important piece of advice here is that you do not want to take on too many things so you need to prioritize what you will do.

The best way to decide which of your "desires" is the most important to you is to read each statement and then imagine that you have already achieved them. Note how you feel when you imagine this. If the feelings are very strong within you then these are the things that you really want and you need to prioritize them.

# GET OUT OF YOUR COMFORT ZONE



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Being comfortable with what you have is not something that people with a winning attitude ever settle for. They do not set goals for themselves that are easy for them to achieve. This is a total waste of time.

The reason that most people do not have a winning attitude is because they like the safety of their comfort zone. They went to school and learned all that they could and then did the same in their career. Now they are comfortable and don't need to do much learning any more.

Winners never stop learning. They never stop pushing the boundaries of their comfort zone either. Human beings have all of the tools at their disposal to grow. With the right attitude they will do things that they have never done before and break out of their current comfort zone. But few people will do this.

Their current comfort zone is safe and warm and the thought of moving outside it fills them with horror. If you want to develop a winning mindset then you need to be prepared to be constantly challenging the boundaries of your comfort zone.

This is not an easy thing to do but completely necessary if you want to develop a winning attitude. Don't set yourself goals that you can do standing on your head. Make your goals challenging so that they will push you to enter uncharted waters. You will need to do things that you never did before.

Today with the Internet you can learn about almost anything very easily. If you don't know how to do something then there will be web pages or videos that will show you how. There really is no excuse. So take the bull by the horns and push the boundaries of your comfort zone so that you can continually grow.

# GO FOR PROGRESS NOT PERFECTION



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On your journey to develop a winning attitude you are going to be doing things that you have never done before. Consider these to be stepping stones for your success. Each time that you move forward a few stones pat yourself on the back for making good progress.

What you don't want to do is to set expectations of perfectionism. Some people are obsessed with this and if they do something that they don't consider perfect then they will tear it up and start again. To these people, if it is not perfect then there has been no progress.

This is not a good place to be. Everything that you do should be done to the best of your ability and in a quality way. But it doesn't have to be perfect to demonstrate that you have made progress. There is no such thing as perfect. We are all human and we all have flaws.

# TAKE CALCULATED RISKS



Here is something else that people with winning attitudes do – they take calculated risks. There are opportunities all around you. Each one comes with risk. We are not talking about taking extreme risks here like betting everything that you have on a horse to win a race. Calculated risks are different.

Let's suppose that you want to increase your income by a specific amount in the next year. There are several ways that you can do this. Lots of people are working from home now and providing services to people all across the world for a reasonable price. Finding the customers that will pay your price is the risk here but it is a calculated one.

You can start a business online for a very small amount of money. Compared to opening a conventional brick and mortar establishment the investment required is miniscule. The risk for you is getting your online business to work. For example, the time that you will need to spend developing it from the ground up.

There is plenty of high quality information online about starting an online business in the right way. So this is a calculated risk. You can never be 100% sure that anything is going to work but if you learn from the right people then you minimize your risk.

You can't have opportunity without risk. Calculating the risk and going for it will help you to grow and to develop a winning attitude. The journey is more important than the end result. You will learn new and valuable things that you can use in the future.

If someone you know and trust tells you about an opportunity how do you react to this? Does it fill you with dread or do you think that you must look into it or you will regret passing it up for a long time? You know which one is better.

# TAKE CALCULATED RISKS



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If you really want something in your life are you prepared to do whatever it takes to get it? Are you prepared to work long hours each day to earn the money or develop the skills that you need? Most people are not prepared to do this. They have dreams of a better life but they will never turn these into reality.

People that have winning attitudes never quit. It doesn't matter what challenges they have to overcome to get what they want they just keep on going. When they are tired they keep working. They do not make excuses and procrastinate. They basically do whatever it takes to succeed.

It is not easy to go from making excuses (even to yourself) to doing whatever it takes but it is certainly possible. You need to send the right signals to your subconscious mind that you are going to win no matter what. The best way to do this is through your actions. When you find yourself confronted with a problem you don't know how to solve keep going until you do.

If you are working full time to pay the bills and want to develop a side hustle to get you out of this situation then you will have to work at it when you have finished work and at the weekends. Not many people are prepared to do this. After they finish work they just want to lie on the couch and watch TV or go to the bar with their friends.

But if you want a winning mindset then you have to push yourself to start work again when you have finished your day job. If you are tired then you have to push through this and get on with it. After a while you will find the additional energy that you need comes easily and you will look forward to your work after work.

Excuses are for losers. Winners carry on until they get what they want. They push themselves out of their comfort zone and do whatever it takes. They are not concerned about what is on TV or missing out on a trip to the bar. You need to do the same.

# BE PATIENT



We live in an instant gratification world. People want and expect everything right now. The Internet has fuelled this belief by providing people with information that they need in a heartbeat. But there is no such thing as overnight success. For years unscrupulous people have sold this dream to many and it is still going on today.

In the online business world there are marketers that create “push button miracle” products. They claim that all you need to do is to purchase their software, click a few buttons and money will appear in your bank account. So many people fall for this nonsense time and time again.

People with winning mindsets never believe in instant success. They have developed the patience to wait a period of time for something to work out for them. If you are impatient and expect things to happen instantly then you need to change your attitude immediately.

The human race has been around for a very long time. Waiting a few weeks or months to achieve something worthwhile is nothing in the grand scheme of things. Even a couple of years is not a long time. So work on your patience and challenge anything that claims to provide instant success.

# BELIEVE IN YOURSELF AND YOUR DREAMS



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This should probably have been first on the list but it doesn't matter. The list is in no particular order anyway. Belief is everything. To develop a winning mentality you have to believe that you can do this.

Believe in your dreams. Others talk too many people out of their dreams. If you doubt yourself then this will kill your chances of success. It doesn't matter if you have no idea how you will achieve a dream right now. The most important thing is that you have a dream and that you believe in it.

Be careful who you share your dreams with. Most people are skeptical and they will be insanely jealous that you have a dream. They do not want you to succeed and will do everything that they can to talk you out of it. Don't let this happen. They want to keep you at the bottom with them – forget that and aim for the top.

So when you are setting your goals you need to totally believe that you can achieve them. The “how” does not matter. You can always work out how to do something. People with winning mindsets don't always know how to achieve something but they always have unwavering belief.

# REMINDE YOURSELF WHY



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There are going to be times when the going will get really tough for you. You will never achieve anything worthwhile without experiencing this. It can get so bad that you just want to throw in the towel and give up. If you have a winning mindset you will never let that happen.

If you have set yourself a challenging goal to achieve then you need to understand why you are doing it. Why is this goal really important to you? How will you feel once you have achieved it? You need to create a strong WHY statement that will remind you why you are pursuing your goal and working hard every day.

So ask yourself why you really want to achieve a goal and write this down. If you want to increase your income then there will be a reason or reasons behind this. Tap into the emotion of these reasons and write them in your WHY statement.

Imagine that you have already achieved your goal. How does this make you feel? Experience the joy and all of the positive emotions of achieving your goal before you even start working on it. Write this down in your WHY statement too.

Carry your WHY statement and your written goals around with you wherever you go. If you are feeling down and need some additional motivation to carry on then take out your WHY statement and read it out loud.

When you wake up in the morning read your WHY statement so that you energize yourself for the day ahead. It is very important that you start each day off in the right state or frame of mind. People with a winning attitude have a daily routine that they use to ensure that they stay inspired and motivated.

Place your goals where you can see them often. Next to your computer if you use this a lot, on your mirror, at your business or work, in the bathroom, in the kitchen and so on. If you don't currently use a journal then we recommend that you start one today. Record your WHY statement and goals in it and also the progress that you make.

Your journal will not only help you to keep track of your progress but it is a great thing to be able to reflect on if you need more motivation. Look at where you started and what you have achieved. It will truly inspire you and strengthen your winning attitude.

# CONCLUSION



In this powerful report you have learned 9 ways that you can use to develop a winning attitude. It is now over to you. Just reading this report will make you a little wiser but it will not help you that much. You need to take action and start using these methods so that you can make the transition to a winning attitude.

It is going to take effort and time for you to develop a truly winning attitude. All of the methods in this report work but they require consistent application. So start working on your winning attitude right now and in a very short time you will be doing things that you never thought you would ever do before.