

William James, the Harvard trained physician, noticed most of the people who came to consult him about medical-physical problems had really a psychological-attitudinal problem--something deep down inside of them that caused a physical manifestation.

So, James went into psychiatry, and in his book History of Psychology he wrote: *"The greatest discovery in our generation is that human beings by changing the inner attitudes of their minds can change all the outer aspects of their lives."*

The American Academy of Psychosomatic medicine once suggested the 92% of ALL physical illness is psychologically induced. Isn't that something? So, it seems to me, that having the proper attitude is very important to your overall health and well-being.

St. Paul tells us in his letter to the Philippians that we are to *"have in us the same attitude that is also in Christ Jesus, Who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to the point of death, even death on a cross."*

Our Lord Jesus has an attitude of self-giving. In His life on earth, Jesus knew Who He was, but never flaunted it. He humbly used Who He was for the benefit of others—giving Himself totally for the life of the world.

We are to follow His example. And we follow His example because we know that it leads to the fullness of life.

Psychologists, teachers, coaches, motivation speakers and authors all attest to the value of having a positive attitude.

Positive attitude helps to cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worry and negative thinking. If you adopt it as a way of life, it will bring constructive changes into your life, and makes you happier, more pleasant, and even more successful. With a positive attitude you see the bright side of life, you become optimistic and expect the best to happen. It is certainly a state of mind that is well worth developing and strengthening.

You could develop a positive attitude by: *choosing* to be happy, *choosing* to stay optimistic, finding reasons to smile more often, read inspiring stories of people, associate with positive people, learn to speak only positive words, meditate on the Gospel, believe in the victory of Jesus over sin and death, have confidence that in Christ you have the strength to do all things (see Philippians 4:13). And, St. Paul reminds us: "If God is for us, who could be against us?" The answer: NO ONE and NO THING. (Romans 8:31) God's got your back.

Yes, your attitude is very important. Take on the attitude of Jesus Christ, and live positively.