

The Atti-tools For Success

Below are the 3 Atti-tools to help you build a better life. Use them and watch your life change for the better. Master them and watch miracles formulate within you and around you.

1. **Understand the power of choice.** Utilize the power of choice to work for you – not against you. Know that you always have a choice. You may not be able to stop the unexpected from interfering with your plans and dreams. But you can choose how to respond and you can choose the state of mind you want to be in when the unexpected arrives.
2. **Understand the power of your thoughts.** Utilize the power of your thoughts to work for you – not against you. Know without a doubt that you are the creator of your thoughts. You have the power to create positive thoughts than can propel you to a healthier outcome.
3. **Understand the power of your humor being™.** Utilize the power of your humor being™ on a daily basis. Know that your humor being™ is of your higher self. It is the part of you that brings out the best in you when times are tough.

The power of choice is the nucleus of the 3 Atti-tools. The success of the other two Atti-tools is dependent upon how you choose to use them. In fact, everything in your life revolves around the choices you make.

For example your thoughts have the power to either take you to great heights or miserable depths. Whenever negativity or unhealthy feelings are dominating your mind, know that you are the one who is creating the negativity with your thoughts. But more importantly know that *you* have the power to stop it. That power however, is ignited only by the choices you make. You must also know that your humor being™ will not be of any benefit unless you make the appropriate choices to unleash its power and use it accordingly.

Every now and then someone comes in to our lives and sets the ultimate example for what it means to be responsible and courageous. Once in a great while we are blessed by someone who sets the standard for what it means to be a hero simply by the choices they made, one such person was Christopher Reeve.

I had the pleasure of meeting Christopher Reeve on May 13, 2004. Just five months before he passed away. We were both speaking for a group of 5000 people at the San Diego Convention Center. I was the opening keynote speaker and Chris was the closing keynote.

After my speech I was approached by Dana Reeve, Chris' wife. She stated that Chris would like to meet me. Apparently, when I was speaking Chris was in a private room back stage watching my entire performance on a television screen. There were eight other people in the room with him and Dana told me that Chris asked them all to keep quiet so he could hear what I had to say.

When I approached Chris he had a big smile on his face and thanked me for doing a great job. He then stated that he really appreciated what I had to say and that he lived by that philosophy. That was the best compliment I had ever received in my entire speaking career because it reinforced that what I had been saying to people for all these years works.

I believe that Christopher Reeve was able to create his incredible attitude because he mastered the 3 Atti-tools. Of course he didn't call them the Atti-tools; but the fact is that he lived in accordance with the principles that are instilled in each Atti-tool. They actually became a part of who he was.

He understood the power of choice. He made conscious choices to be grateful for what he had and to concentrate on what he could be; rather than concentrating on what was taken and what he could no longer be. It was this type of mindset that eventually propelled him to do what doctors and experts said couldn't be done.

He understood the power of his thoughts. He knew that his thoughts created his reality and he knew that he was the director of his thoughts. This is key for anyone who is dealing with adversity or change of any kind. It just stands to reason that if you dwell on what's not working in your life, you will leave yourself wide open for fear, anger, hopelessness and a host of other negative emotions to determine your fate.

He understood the power of his humor being™. He knew as we should all know that if we are to appreciate our lives on any level, that our sense of humor is our sense of perspective. It's a choice we all have on how to cope with life's incomprehensibilities. In his second book, Nothing is Impossible the entire second chapter is about how his sense of humor helped him to adjust to his new way of living. Humor was one of things that brought some kind of normalcy and balance in to his life.

We are all born with special powers and abilities to transform the seemingly impossible to the possible. That's the beauty and real lessons to be learned from this hero. Chris Reeve set the example but he wanted us all to know that we are all capable of becoming heroes and performing our own miracles when our world is suddenly invaded by difficult or even tragic events. Its a matter of choice – it's a matter of what you think and it's a matter of whether you choose to unleash the power of your humor being™. The choice is yours – choose wisely.