



Keith Harrell's Keynote Summary for Attitude Is Everything – Part One

Thanks for the opportunity to be part of your super-fantastic event! As I mentioned in my speech, attitude impacts everything we do. It's the control center for your life, and your most priceless possession.

With the information you now know, you are programmed for success, and I believe that you're ready to begin your journey of putting attitude into action!

Here are a few key points to help you stay focused:

1. Guard Your Ear Gate

The struggle for many to maintain a positive outlook can be attributed to the destructive power of what we hear and what we allow to take root within us. To protect your ear gate, use PAI.

PAI (Personal Attitude Interrupt):

- Combats negative, non-constructive input.
- Puts you on alert so that garbage that goes in doesn't stay in.
- Engages your body in a way that reminds you to change your thinking.

Examples of PAI:

- *Talk to the Hand.* Hold up your hand to show any bearer of a disparaging message that you aim to stop negative information from getting in.
- *TTO–Take Trash Out.* Put your hand to your forehead, “grab” the negative information from your brain, throw it to the floor and stomp it out.

These physical actions will send your brain the message that negative inputs are prohibited from taking hold of your attitude, behavior and performance.

2. Monitor Your Eye Gate

The human brain is the most powerful computer in the world. Information that passes through the eye gate goes directly into your heart and works with your brain to program you either for success or failure. What you see can have a profound effect on your well-being and—you guessed it—your attitude. Here are some keys that will help you to guard this gate to monitor what gets in:

- You are what you read. Successful people are often avid readers who feed their minds consistently with positive insights, wisdom and knowledge.
- The mind is most active late at night and early in the morning. Read and meditate on positive things to help renew your mind.
- The more positive messages you read, the better you feel and the higher you elevate your attitude and the attitudes of those around you.

3. Control Your Mouth Gate

When it comes to the mouth gate, remember the words your mother told you...“If you can’t say something nice, don’t say anything at all.” The reason goes deeper than being polite. The tongue is the pen to the heart. What we speak outwardly—or to ourselves—is programmed within, so learn to program the positive.

Try telling yourself things like:

- *“I am successful.”*
- *“I am glad to be alive.”*
- *“I am moving onward and upward.”*

When you practice saying affirming messages to yourself, you will start to believe them...and live them.

Furthermore, when someone asks you how you’re doing, don’t give an average response. Choose a response that describes how you feel or how you *want* to feel.

Here are some examples:

- *How are you doing?* *Outstanding!*
- *How do you feel?* *Unstoppable!*
- *Great day, isn’t it?* *If I were a dog, I’d be wagging my tail!*
- *How do you feel?* *Brand-new!*
- *How do you feel?* *Super-fantastic!*

4. Don’t Let Anyone “Steal Your Joy”

To maintain a positive, energetic attitude, you must not let anyone steal your joy. The root cause of happiness is joy and joy lives on the inside. When we have joy, we have power. When we have power, we have strength. And when we have strength, we have the ability to fight and win in life.

5. Never Let the Kid in You Die

Enthusiasm is to attitude as water is to life. It engages the spirit within and fuels motivation to make things happen. As you continue to enrich your own life, allow these principles to guide you. Make a commitment right now to apply them daily and to embrace a system that will support you in your goals. As you challenge yourself to live life with focus, passion and enthusiasm, you will begin to see the results of turning attitude into action.

Attitudes are contagious; make yours worth catching!



Keith Harrell
Your Friend and Attitude Coach

To get more information on Keith’s coaching programs and other learning systems, visit his website at www.superfantastic.com.