

ACCESS

Study Skills Tip of the Week

Reprogram Your Attitude

“I have a bad attitude,” People say this as if they were talking about having the flu. An attitude is certainly as strong as the flu, but isn’t something you have to succumb to or accept.

Some people see their attitudes the way they see their height or their eye color. “I may not like it, but I might as well accept it.” Acceptance is certainly a worthwhile approach to things you cannot change but acceptance is not acceptable when it comes to attitude. If you have an attitude that you don’t like, change it. You may have to go through life being too short or too tall, but you don’t have to live your life with an attitude that doesn’t work.

- Attitudes are powerful because they create behavior.
- You can change your attitude by regular practice with affirmations.

Affirm it

An affirmation is a statement describing what you want. The most effective affirmations are personal, positive, and written in the present tense.

Affirmations have an almost magical power. They are used successfully by athletes and actors, executives and sales people and tens of thousands of people who have succeeded in their lives. Affirmations can change your attitudes and behaviors.

To use affirmations, first determine what you want, then describe yourself as if you already have it. For example, if you decide you want a wonderful job, you might write, “I, Susan Webster, have a wonderful job. I respect and love my colleagues and they feel the same way about me. I look forward to going to work each day.”

What makes the affirmation work is detail. Use brand names, people's names, and your own name. Be positive. Instead of saying, "I am not fat," say, I am slender."

Once you have written the affirmation, repeat it. Practice saying it aloud several times a day. It is effective to look in a mirror while saying the affirmation with conviction.

You can use affirmations to replace a negative attitude with a positive thought. There are not limits other than your imagination and practice. Here are some ideas to stir your imagination. Modify them to suit your individual goals and dreams, and then add practice.

- I, _____, am healthy.
- I, _____, exercise regularly.
- I, _____, will graduate from college.
- I, _____, eat wisely.
- I, _____, plan my days and use time wisely.
- I, _____, have a powerful memory.
- I, _____, am smart.
- I, _____, take tests calmly and confidently.
- I, _____, learn quickly.
- I, _____, am creative.
- I, _____, am attractive.
- I, _____, am liked by other people.
- I, _____, like myself.
- I, _____, think positive thoughts.
- I, _____, am happy with my body.
- I, _____, am a worthwhile person.
- I, _____, make profitable financial investments.
- I, _____, am careful with my spending.

Becoming A Master Student, Eighth Edition, Dave Ellis

For more information about this and other study strategies call

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100 A Williston Hall (815) 753-1126

www.tutoring.niu.edu