



IMPACT!

Effecting Your Life... by **Adrian Nyhuis**

What's in an Attitude



I was thinking about the word "Attitude" recently and I was reminded of the phrase by William Shakespeare, "What's in a name?" He goes on to say, "that which we call a rose, by any other name would smell as sweet." The idea here is that it

doesn't matter what the name is, it is the fruit of something that it is known by, not just by the name it is given.

The same can be said for people. We are known not just by our name, but by who we are. An individual can know two people both with the same name. One can be a mentor and coach and the other a bully. Simple thoughts relating to the mentor and coach can inspire them to achieve greatness, yet thoughts about the bully can sometimes induce crippling fear. What is the difference? The answer is in this fact - we are more than just a name. We impact people emotionally. If you think back to your school days, you can remember some of your teachers, not by what they said, but who they were. The emotional impact on someone's life can last a lifetime.

Who are you being when it comes to other people? Your attitude in every situation will reflect who you are as a person and therefore your outcome in every situation. A bad attitude will end up with a bad result, and a good attitude will bring a good one.

As an exercise, take every letter of the alphabet and number them so that A=1, B=2 etc. Take the word "Attitude" and assign the corresponding number to each letter. Then add the numbers up. That final number is the percentage of impact your attitude will have on your life, on your outcomes, on your behaviours on who you are being and who you will known as.

The picture above sums it all up perfectly - "Attitude is Everything". Choose your attitude wisely because it will determine everything else about you.

Have an attitudinally amazing week. Adrian



Adrian Nyhuis is the Director of [DNA Life](#). He is a professional coach who is committed to assisting his clients to achieve their maximum potential and has a

vision to impact people's lives and assist them in fulfilling their destiny.

Previous Articles

The Right Tool for the Job

Recently, my brother asked if I (along with a willing other team of helpers) could stack some hay bales on his property after they had been cut and baled by the tractors. It was something I hadn't done since I was a kid, so long in fact that I had forgotten...

[Read the whole article...](#)

Weathering the Storms

No doubt you have heard of the recent events regarding damage caused by the floods and then this week's cyclone Yasi. The extent of the damage from the floods was in the billions, but then all of a sudden, as people are beginning to rebuild their lives...

[Read the whole article...](#)

Quote:

"You cannot run away from weakness; you must some time fight it out or perish; and if that be so, why not now, and where you stand?"

- Robert Louis Stevenson