

# THE KANSAS CITY STAR

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FYI

## *A half-full outlook; If you change your attitude, success and happiness will flow*

By Jenee Osterheldt

The first step in any fresh start begins with attitude.

Whether you want to be more organized or be a better employee, it all starts with outlook. A positive attitude not only makes goals easier to accomplish, but it's also the source of happiness.

Happiness starts with one's self, say Jack Jonathan and Sheelagh G. Manheim, authors of "Yes, You Can... Find More Meaning in Your Life."



And when you have a positive attitude, it affects the people close to you, Jonathan says.

Here are a few ways to trade in your half-empty glass for one that's half full:

Smile - Try to look for the beauty and treasures around you. Do you return smiles? Jonathan says smiling at others is a small gesture that can brighten your day.

Mind and body - It's important to know that the body affects the mind and vice versa. With a healthy body comes a healthy mind, Jonathan says. It's important to make sure both are healthy and cared for because it affects how you feel.

Be inspired - Take time to enjoy something beautiful, whether it's the sunrise, the sunset or birds in flight. Allow yourself to be inspired and try to block out the outside world. Jonathan and Manheim say that taking a small mental recess will divert your attention from stress factors. More attention paid to problems can make them seem bigger.

Introspection - Gain a better understanding of yourself by asking yourself questions, Jonathan says. How do you

feel? How does your body feel? What is bothering you? What influences your mind? What do you feel good about? List these things and think about how to change what needs to be changed and how to continue doing the things that make you happy.

The 3-by-5 rule - No problem is so big it can't be cut down to smaller, digestible problems. Jonathan says 3-by-5 cards can help you organize your thoughts and deal with them better. The problems you define during introspection can be defined on the cards. Write down the things you want to overcome or an inventory of your assets. If there is a habit you want to break, like spending too much money, keep a card in your wallet that has a question on it like, "Do I need this?" or "Will I get my money's worth?"

Use what you have - Manheim says her dad taught her that it's not what you have it's how you use it. And that isn't restricted to material things. Sometimes it's about utilizing your personality or your talents to their full potential. If you learn to do that, it can make a big difference in how you feel.