

THE POSITIVE MENTAL ATTITUDE POCKETBOOK

By Douglas Miller

Drawings by Phil Hailstone

"A concise, entertaining and practical guide to personal and workplace success.
An essential read!"

Katharine Bollon, Learning & Development Manager, Churchill Insurance

"Concise, comprehensive and uncomplicated; full of little gems."

**Tom McCracken, Lead Learning & Development Consultant,
National Resourcing, Learning & Development Department, National Blood Service**

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How this pocketbook works, as you use this pocketbook, it's your choice

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THE FIRE WITHIN

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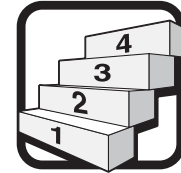


FURTHER READING

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THE QUIET RIOT

FOUR-STAGE PROCESS



Once you've seen the possibilities of personal renewal, there are plenty of places you can psychologically take yourself to create a whole new world of opportunities. Having a *quiet riot*, internalised purely in one's imagination, uses our capacity to intuit, innovate, invent, inspire and implement, spurred on by our desire to seek out those new opportunities.

Make your opportunities real by following this four-stage process from intuition through idea search to implementation:

STAGE ONE: **Opportunity spotting** (page 50)

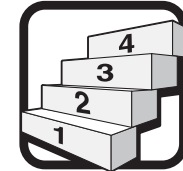
Use exploration and intuition to seek out opportunity or identify problems.

STAGE TWO: **Idea search** (page 55)

Use imagination, invention, ingenuity and innovation to create and develop ideas.

THE QUIET RIOT

FOUR-STAGE PROCESS (CONT'D)



STAGE THREE: **Decisions, decisions** (page 60)
Use intuition, experience and clear, pure thinking to make the right decisions.

STAGE FOUR: **Going for it** (page 64)
Use energy, decisiveness and commitment to bring your opportunities to life.

And finally...

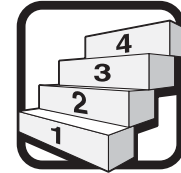
MENTAL FITNESS: A fit mind increases our capability to operate profitably in any of the four stages (page 66).



THE QUIET RIOT

STAGE ONE: OPPORTUNITY SPOTTING

PROBLEM SOLVING



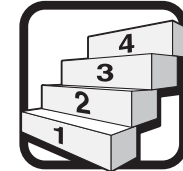
We can all see the opportunities when they have gone. We can all identify a problem when it's staring us in the face. In both situations our reactions to the possibility of changed circumstances could be too late. Someone saw the opportunity before you, or the problem has become bigger than it might have been, had you reacted earlier.

We often search for too much information to back up our intuition, and then discover that we've missed the boat.

- Action and exploration breed opportunity – keep ahead by looking rather than waiting
- When it's staring at you *it* is controlling you rather than you controlling *it* – keep using that crystal ball
- Enjoy spontaneity – you never know when opportunity will knock
- Learn to be comfortable with uncertainty and ambiguity
- Try to be flexible in the way you approach things – what worked once for you might not work the next time

THE QUIET RIOT

STAGE ONE: OPPORTUNITY SPOTTING PSYCHOLOGICAL RIOTING



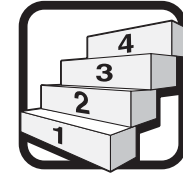
Psychological rioting allows us to envision future possibilities, from the most surreal to the completely conventional. Visualising multiple futures and seeing the possibility of their reality opens the mind when the visualised future becomes reality. We cope better with these changed circumstances because we've allowed for their possibility. And in the best of all possible worlds the fact that we have the vision makes it possible for us to be the person that makes the vision real.

Of course, for many, the future contains surprises both good and bad and it's impossible to visualise everything. But the open-minded thinker will be more receptive to the unexpected because they allow for the possibility of the unexpected in their everyday thinking. In fact the positive thinker welcomes the unexpected because they immediately look for the opportunity in their new circumstances.



THE QUIET RIOT

STAGE ONE: OPPORTUNITY SPOTTING



WHAT IF?

Regrets – you’ve had a few? Continual dwelling on the past – referring to previous mistakes – can leave you prone to a self-imposed restriction on future decision-making. We say to ourselves:

1. *‘I got it wrong last time; I’ll probably get it wrong again.’*, or
2. *‘If I do nothing then the best that can happen is nothing – I’ll hope for the best.’*

The key is to keep your ‘What if?’ questions future-focused.

Past

‘What if I had worked at school?’

‘What if I’d got that promotion?’

‘What if I hadn’t sat in front of the TV all the time?’

‘What if I hadn’t lost my temper?’

Future

‘What if I re-train?’

‘What if I get promoted?’

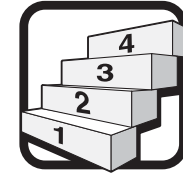
‘What if life is not as long as I imagine it to be?’

‘What if I learn to control my emotions?’

Warning – Past ‘What if’s?’ are often disguised as ‘Why did/didn’t I?’

THE QUIET RIOT

STAGE ONE: OPPORTUNITY SPOTTING



WHAT IF?

What if... I got promoted. I lost my job. I learnt to paint. I had a baby. I learnt to fly. I became an expert in something. I stopped using lack of time as an excuse!

Why not?...Go back to school. Try something new. Find out everything that's available for free locally. Indulge in some mental antiperspirant (see page 72). Use all the time you waste!

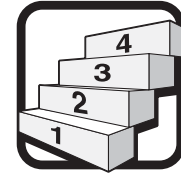
If you had a choice of colours

We are automatically attracted to people who have similar views, opinions and tastes to ourselves. Try spending time with people who think differently. Give yourself different perspectives. People who have an entrenched, unseeing view of the world become a parody of themselves. And we end up conforming to the stereotype that characterises the like-minded people we try to surround ourselves with.

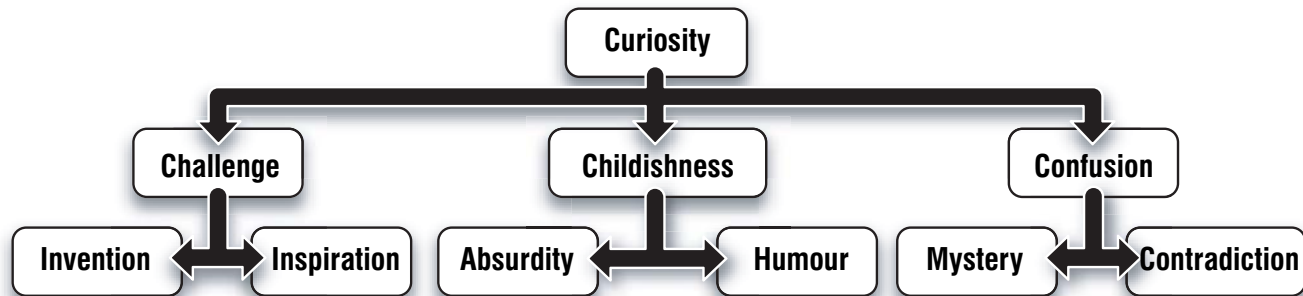
THE QUIET RIOT

STAGE ONE: OPPORTUNITY SPOTTING

ALL SEEING



Oscar Wilde once said that too much foreign travel dulls the mind, and he could be right if you begin taking for granted what you see around you. Curiosity feeds inspiration; and being curious about what you see around you feeds discovery, opportunity or a simple appreciation of what we have. Look for some of the following things as you observe more closely what's really there for us:



The curious see opportunity. The *apathy of opportunity* germinates when we choose to become blasé about what's there for us.

About the Author

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Douglas is a freelance trainer, writer and motivational speaker working in the UK for many private and public sector organisations and in Europe for the UN, European Union and OSCE (Organisation for Security and Co-operation in Europe). He specialises in Motivation, Attitude, Creativity and Performance Management.



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