



## **Unit II – Leadership Skills**

### **Chapter 5 - Attitudes and Emotions**

#### **Section 1 – Perspective and Attitudes**



# What You Will Learn to Do

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Understand how human behavior is affected by human emotions and attitudes

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# Objectives

1. Explain how to interpret events and experiences
2. Discuss the importance of a positive outlook on life
3. Describe how perspective molds your understanding of life
4. Explain how perspective molds your purposes, passions and practices



# Key Terms

- Potential** - What an individual is capable of doing or becoming
- Maturity** - The state of being fully grown or developed
- Personality** - What an individual is inside and what he or she shows to others; it includes actions, opinions, beliefs, biases, desires and ambitions



# Key Terms

**Perspective** - An individual's way of seeing the world

**Affiliation  
Need** - A desire to be and feel a part of a group



# Interpreting Events and Experiences

Your experience is what happens to you directly and in the world around you.



Your interpretation of this experience shapes you as a person today and in the future.

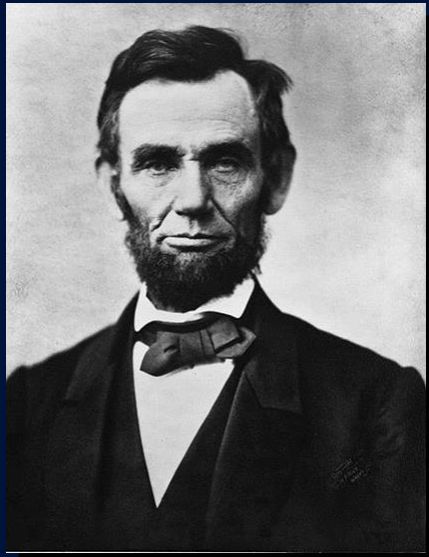


# Interpreting Events and Experiences

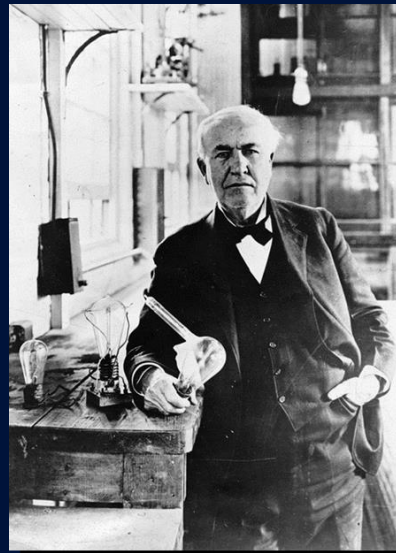
Consider these figures in history who made crucial decisions based on what they believed they were capable of.

Their early life experiences shaped how they viewed their potential.

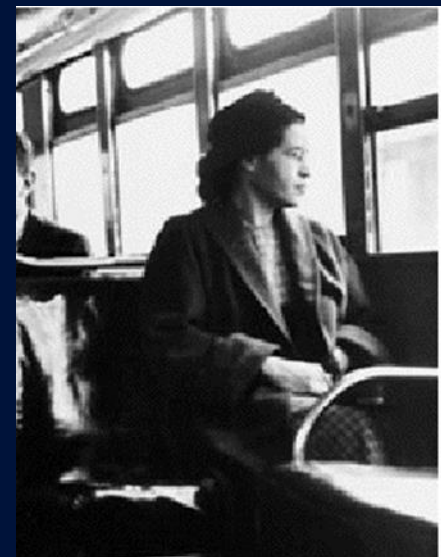
Abraham Lincoln



Thomas Edison



Rosa Parks





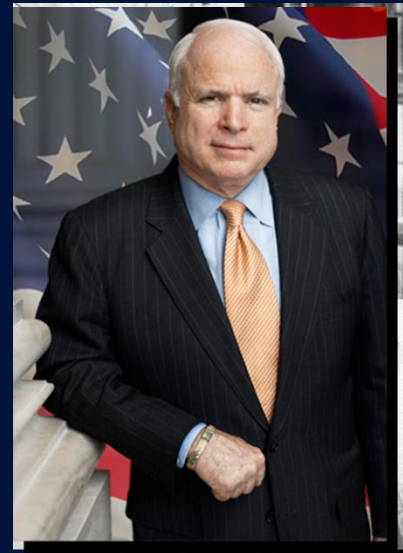
# Interpreting Events and Experiences

Consider these figures from today's world, who have shared how their early experiences shaped their lives and their decisions.

Gen. Colin Powell



Sen. John McCain







# Interpreting Events and Experiences



Physically growing up includes some important milestones.



But another part of growing up is about gaining maturity, including learning what's required to develop a positive attitude. Then you must learn to put that attitude to use to meet the challenges of life in a constructive way.



# Attitude vs. Personality

**Attitude** is rooted in thoughts, feelings and beliefs – and will affect how you view and react to a situation.

**Behavior** is an action that can be seen by others, based on your personality and attitude at a given time.

**Personality** is shaped by experience, which is the foundation of your **attitude** and **behavior**.



# Attitude vs. Personality

Experience acts as a rudder on a boat since it helps you to navigate the course of life.

Experience helps you make better decisions.

You get better at interpreting events learning as you go... and this helps you to skillfully guide where you want to go and who you want to be.





# The Importance of a Positive Outlook on Life

You may know some people who always seem to have either a good or bad attitude.

Which attitude would you prefer to be around?

How would your friendship be affected with a person who had an ongoing bad attitude?



# Your Attitude is a Compass

Like a compass, you will go in the direction in life where your attitude points you.

Think of attitude as  
your “slant” or  
“angle” towards life.





# Your Attitude is a Compass

Fortunately, your attitude is not set at birth... you get to create it by the thoughts and talk you choose most often. It also follows your behavior.

If you **do positive things** you'll slowly but surely develop a more positive attitude.





# I'm OK, You're OK

A popular book with this title was written in 1969 by Thomas Anthony Harris, which basically said “you are what you think.”

Four life position/attitude profiles were defined which reflected a person's approval of both himself and others.





# I'm OK, You're OK

## Life Position/Attitude Profiles in Book:

1. I'm Not OK, you're OK  
(disapproving yourself, approving others)
2. I'm Not OK, you're Not OK  
(disapproving both yourself and others)
3. I'm OK, you're Not OK  
(approving yourself, disapproving others)
4. I'm OK, you're OK  
(approving yourself and others)





# I'm OK, You're OK

Life Position/Attitude Profiles in Book:

Most people hold attitude #1, approving of others more than self, which shows reduced self-esteem and self-confidence.

The author stresses that it is possible for most anyone to move from where they are to the optimal attitude #4, which approves of both self and others.



# Value of a Positive Attitude

Having a positive attitude increases a person's chances of being liked and accepted by others.



It is also an essential attribute of good leaders, allowing them to gain respect and encourage others to follow.



# Value of a Positive Attitude



People who always seem to have negative attitudes are called **toxic personalities**. Spending a lot of time around them is tiring and unpleasant for others.



# Value of a Positive Attitude



Temporary sadness or bad moods are not the same as toxic personalities. Everyone goes through bad moods at times.

Usually friends support and encourage one another during times when they are feeling “blue.”



# Value of a Positive Attitude

Be careful – attitudes can be contagious!



If you are always around negative people, you have a good chance of developing a negative attitude yourself.



# How Perspective Molds Your Life

Everyone has a unique way of viewing the world, with a perspective and set of experiences that will never be exactly the same as any other person on earth.



Consider how interesting this is that each of us contributes our own **unique** mark on humanity.



# How Perspective Molds Your Life

On a deeper level, your personal perspective also:

- Includes insight into people, things and events
- Helps form your attitudes and personality
- Guides your behavior
- Defines who you are as a person





# How Perspective Molds Your Life

As you mature, your perspective broadens and your views of the world expand. It's much like climbing a mountain...the closer you get to the top, the further you can see and more of the world becomes visible.

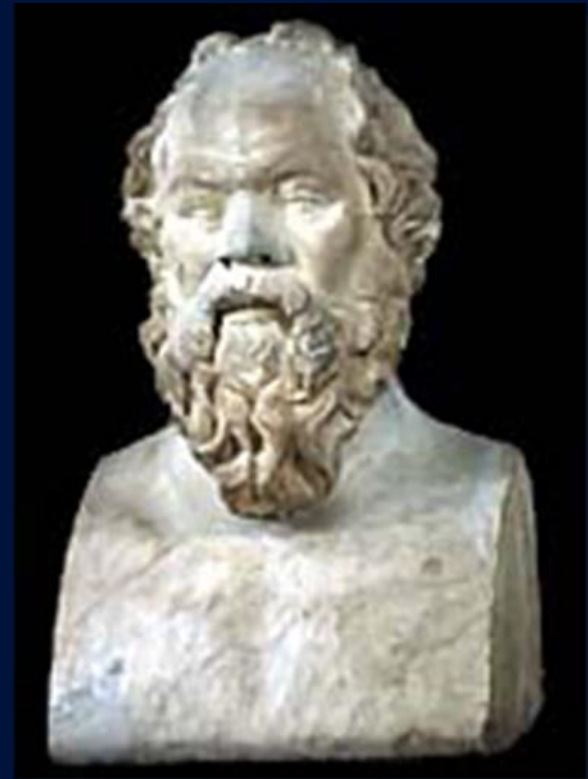






# How Perspective Molds Your Life

Humans have yearned for self-understanding since ancient times when the Greek philosophers believed this quest was as important as food and water.



Socrates



# How Perspective Molds Your Purposes, Passions and Practices

Since perspective drives the purposes you strive toward, such as your passions and practices – it significantly affects your success in all areas of your life.





# How Perspective Molds Your Purposes, Passions and Practices

Humans are social creatures with a strong desire to be and feel a part of a group.

This natural human characteristic is called **affiliation need**.

Young people often feel this need in an especially strong way.





# How Perspective Molds Your Purposes, Passions and Practices

The desire for affiliation can sometimes lead to actions or behaviors that conflict with the person's usual values and beliefs.

This presents a situation that may be hard to resist, especially when peer pressure is present.





# Cultivating a Healthy Perspective

**Belief:** A strong and deeply held idea that forms the basis for much of your thinking. Can be religious, social, political or personal.

**Desire:** Something you deeply want for yourself and those close to you. Frequently part of your emotional and psychological motivation

Beliefs and desires help shape a person's perspective.



# Cultivating a Healthy Perspective

A healthy perspective includes an open mind and seeing things as they really are, including...

- recognizing short-term and long-term effects of mistakes and poor choices
- learning from your mistakes and committing to not repeating them



# Cultivating a Healthy Perspective

When it comes to affiliations you might choose, focus on the big picture, not the immediate situation. For example, these would NOT be a good breeding ground for developing a mature positive perspective....

- Cliques
- Gangs
- Secret clubs



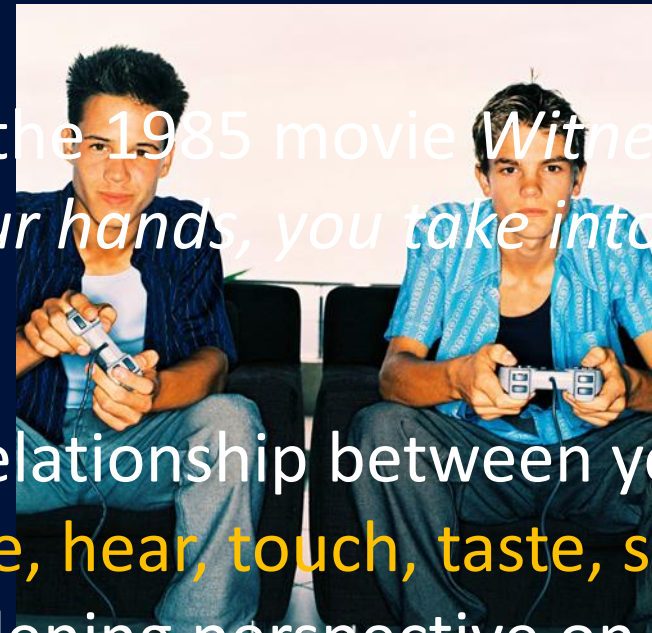


# Cultivating a Healthy Perspective

Likewise, focusing all your attention on violent movies, video games and music can't be good for your **developing world view.**

A quote from a character in the 1985 movie *Witness*, says *"What you take into your hands, you take into your heart."*

This illustrates the direct relationship between your experience – what you **see, hear, touch, taste, say** and **do** – and your ever-widening perspective on life.







# Cultivating a Healthy Perspective

Everyone has heroes in their life – maybe a parent, teacher or coach...



Your heroes set goals, got excited about them, and then worked to achieve them by concentrated effort.

**You can do that too!**



# Questions?



Which one of these amounts correctly identifies the approximate number of fat cells an average weight adult has?

- A. 20 million
- B. 200 million
- C. 30 billion
- D. 200 billion