



The Giant Within

It's your attitude,
not your aptitude
that determines
your altitude in life.

Zig Ziglar

Are attitudes contagious? And if so, is yours worth catching?

Attitudes do influence our actions. When we act in a positive, confident and believing way success happens. You hear people saying, 'She's so positive.' It feels good to be around him.' 'I like their energy.' Others even show a skip in their step when they are with people with positive attitudes.

Conversely, when we act in a negative way we tend to get poorer results. And when we act negatively towards others or express our negativity we defeat our outcomes because others react to our negativity.

Hopefully you have your suit of armor on when you are around the negative person and don't pick up their attitude.

It's always a choice. What do you choose?

Movie Link

<https://www.youtube.com/watch?v=-sUKoKQIEC4>

Motivational Discussion Questions

- Brock was the most influential member of their team. If he's not all in, how does that effect the team?
- What do we need to do to be 'all in' as coach is asking Brock to be?