

# A Compassionate Heart

*A division of Harrison Consulting*

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*Offering parents and children the tools to help their families have fun, bond and grow.*

## **Attitude**

**Author unknown**

*John is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"*

*He was a natural motivator.*

*If an employee was having a bad day, John was there telling the employee how this is to look on the positive side of the situation.*

*Seeing this style really made me curious, so one day I went up and asked him, "I don't get it!"*

*You can't be a positive person all of the time. How do you do it?"*

*He replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or ... you can choose to be in a bad mood. I choose to be in a good mood."*

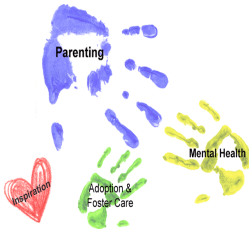
*Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it.*

*Every time someone comes to me complaining, I can choose to accept their complaining or... I can point out the positive side of life. I choose the positive side of life.*

*"Yeah, right, it's not that easy," I protested.*

*"Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood.*

*You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."*



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*I reflected on what he said. Soon hereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.*

*Several years later, I heard that he was involved in a serious accident, falling some 60 feet from a communications tower.*

*After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods placed in his back.*

*I saw him about six months after the accident.*

*When I asked him how he was, he replied, "If I were any better, I'd be twins...Wanna see my scars?"*

*I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.*

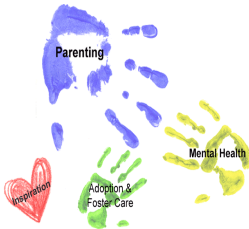
*"The first thing that went through my mind was the well-being of my soon-to-be born daughter," he replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or...I could choose to die. I chose to live."*

*"Weren't you scared? Did you lose consciousness?" I asked.*

*He continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man'. I knew I needed to take action."*

*"What did you do?" I asked.*

*"Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything. 'Yes, I replied.' The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity'."*



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*Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."*

*He lived, thanks to the skill of his doctors, but also because of his amazing attitude... I learned from him that every day we have the choice to live fully.*

*Attitude, after all, is everything.*

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34.*

*After all today is the tomorrow you worried about yesterday.*