

Sample 2

(Mental attitude towards work.)

Your mental attitude is a great determining factor in your daily life. Begin the day with an expectant and energetic mental attitude towards your work and it will elevate and enhance all your activities. (The spirit in which you regard the world and your fellow-men will be reflected back to you.) When you are in the right

(Your MA defines others behaviour)

mental attitude, many things will seem to conspire and co-operate to advance your work and interests. Primarily it is your mental attitude that makes the day happy and productive or the contrary. You can demonstrate the truth of this today by looking only for the best to be intelligently optimistic, and to have confidence in the eternal supremacy of god. Make more positive resolutions regarding the things you ought to do and bring every possible reinforcement to bear upon such resolutions. Assert in vigorous tones the thoughts you wish to establish as unconscious habits of your life, remembering always that while it is a great thing to conceive a great idea, it is still greater to put it into execution.

*(Practical Implementation)*

(180 Words)

## (Importance of Mental <sup>attitude</sup> Health)

Mental attitude plays a vital role in one's life. Positive attitude towards the work will increase the efficiency and it also reflects back to you the way you deal others. Mental attitude is the first thing that will decide how your day is going to be. Try to make positive progress towards what you ~~are~~ want to achieve because executing the idea is more important than just thinking of it.

(Words # 65)