

Which comes first, attitude or reality?

By Jeff “Chief” Urbaniak
COLUMNIST (www.AdviceChief.com)

Just like the debate about the chicken and the egg, leadership and life coaches have asked the question: “Which comes first, attitude or reality?” Does someone’s attitude generate their perception of something, which in turn determines their reality? Or does reality generate an attitude in the person it affects? The answer is debatable indeed but I’ve learned it depends on the mental discipline/health and maturity of the individual involved.

For instance, two people can be associated with the same exact reality in the same place at the same time, yet one person has a good attitude and the other has a bad attitude. One is positive and optimistic about things and the other is negative and pessimistic. Why is this? Where is the fork in the road of perception?

What happens is the same two initial realities transform into different realities after being mentally filtered by each

person. One person lets reality, as it exists, to impact their perception, which in turn creates an attitude within. If it’s a bad reality, it will often end up creating a bad attitude if the person associated with it is weak mentally, immature, or has a mental health issue. If the person is mentally strong, mature, or mentally healthy, they will choose to have a good attitude despite the reality around them. This, in turn, creates a positive perception, which ultimately lands them a new (and better) reality. What initially appeared to be a bad situation becomes a positive reality. This category of person understands that although the world can provide an event or circumstance that is harmful, negative, or tragic, they have the personal ability to control how they let those events and circumstances affect them personally over time.

Your attitude is a choice, not a consequence. If you choose a good attitude, good realities arise (maybe not immediately but the light is on the horizon). If you choose a bad attitude,

bad realities arise. If you choose to be happy, you will be happy. If you choose to be miserable, you will be miserable.

If you start your day off with a good attitude and then a toxic person crosses your path and tempts you to change your mood, stay strong and don’t let their negativity affect you. This is not easy because attitudes are contagious. However, just like dealing with anything else contagious, keeping yourself cleansed and in control will give you an added layer of protection so you don’t catch the same ailment.

So to answer the question in the title: Attitude precedes reality. In any given situation or event, your attitude will determine your perception of it. Your perception then becomes your reality. And your reality is good or bad based on your attitude. So it all comes back to attitude. Always remember you can seize your day and be happy no matter what anyone else says or does.

~ The End ~