

YOUR ATTITUDE CHANGES EVERYTHING

Now that you know what attitude is, you should remember what we said earlier about our attitude affecting the way people see us.

Close to his 21st birthday, Stephen was diagnosed with motor neuron disease; a disease that made it almost impossible for him to walk, hold things, speak, eat and even breathe. The doctors told him that he would not live for more than two years. Instead of crying and displaying a negative attitude to this discovery, he decided to spend his time doing what he loves. Contrary to the doctors' prediction, he lived 52 years longer than the time he was given. Stephen Hawking is today remembered as one of the greatest cosmologists that ever lived. Apart from his contribution to science, he also spoke up for the disabled and less privileged.

The difference between Stephen Hawking and every other smart person in the world today is attitude. As a leader, you have to learn how to rise above your current limitations like Stephen Hawking did and become the best version of yourself.

One thing you should know is that attitude is contagious, meaning that if you surround yourself with people that have bad attitudes, before long, you would notice that you have started saying some of the things they say and doing some of the things they do. Bad company corrupts good manners. That's why leaders surround themselves with people that motivate them to be better. So, you have to surround yourself with friends that have positive attitudes.

QUOTE OF THE WEEK

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." - Thomas Jefferson

INDIVIDUAL ASSIGNMENT

Identify the qualities of a person with a positive attitude in the puzzle below

P	E	O	Y	H	E	O	A	T	P	H	O	N	E	S	T	O	Y	S	I
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

O	N	O	D	M	I	A	M	I	C	A	B	L	Y	O	N	T	L	S	M
Y	Y	U	L	M	A	F	R	I	E	N	D	L	Y	B	J	K	M	A	P
H	P	A	I	D	Y	C	I	U	D	J	O	P	O	L	K	S	L	J	A
L	C	P	U	S	O	J	K	I	N	D	K	E	S	T	O	L	E	K	R
Y	E	S	R	E	S	P	E	C	T	F	U	L	O	R	E	L	P	Y	T
D	O	L	E	P	T	Y	E	G	G	S	U	I	P	A	B	L	E	S	I
O	P	L	K	O	P	H	T	U	U	G	T	O	O	I	B	A	L	E	A
R	G	T	N	M	B	N	I	P	G	N	G	D	S	T	I	L	S	I	L
W	D	J	L	L	E	F	P	H	E	K	R	N	J	M	U	L	D	O	K
A	C	A	O	I	M	O	N	I	P	O	O	M	U	P	I	A	I	G	E
C	C	I	T	N	R	V	D	R	T	P	N	J	K	L	O	U	L	E	Y
S	F	A	C	T	I	E	O	C	S	N	H	A	Q	L	I	L	V	L	S
A	P	F	I	K	B	H	E	E	B	W	I	P	A	G	U	F	I	L	L
B	X	V	T	O	T	V	R	E	T	A	R	M	J	I	U	M	O	T	P
M	E	R	L	E	P	H	A	N	T	M	I	J	H	U	M	B	L	E	E
V	I	O	L	I	N	A	N	N	D	N	O	R	A	F	I	N	E	L	I
F	O	R	G	I	V	I	N	G	A	H	A	N	N	A	H	U	F	Y	T
A	L	W	A	Y	S	M	A	N	O	O	D	O	R	A	D	I	N	M	O
N	I	A	R	A	B	L	O	Y	A	L	M	O	U	S	E	P	E	A	K

❖ Responsible

❖ Loyal

❖ Respectful

❖ Supportive

❖ Humble

❖ Honest

❖ Calm

❖ Polite

❖ Obedient

❖ Kind

❖ Forgiving

❖ Friendly

❖ Impartial

❖ Patient

GROUP PROJECT

“Your attitude is not just determined by what you do when things are going as planned. It is determined more by what you do when things are not working how you expected them to.”

The class should be divided into three groups and each group should prepare a presentation on what they understand by the above statement, citing examples of how somebody can maintain a positive attitude even in a very difficult situation.

CLASS ACTIVITY

A. Students should read this out loud three times.

I will always	Think positive thoughts
I will not forget to	Smile
I will try to be	Understanding
I will try	My best
I will stay away from	Negative attitude
I will be	Nice
Every day, I will try to be	Better
I will always	Forgive
I will be	Grateful
I will	Shine

B. The teacher should divide the students into pairs and let each person say something positive to the other person. Before pairing students, first consider which students would best fit together for this activity. Make sure they look each other in the eyes as they talk.

WHAT IS INTEGRITY?

Unlike attitude, I'm sure you do not hear this word very often. Most people think integrity is the same as honesty but that's not correct. Integrity is like the house and honesty is one of the rooms in this house. Being a person of integrity means that:

- You are honest
- You tell the truth always. Even when nobody will know if you lie.
- Take responsibility; don't blame others for your mistakes.
- You are true to your words. This means that you always do what you say you would do. This makes it possible for people to trust you. If you say one thing and do another, everyone will distrust you.
- You are fair. Don't be partial and do the right thing at all times.

James was selected to represent his school in a quiz competition. The morning of the competition, his mum dropped him very early at the venue before going to work. Because he got to the venue early, he was instructed to clean the hall along with the other students that were around. While cleaning, he saw a question paper with answers on the floor. Because he was tired of reading his textbook, he decided to read the question before the quiz started. By 10:00 am, the students were seated, ready to start the quiz. The teachers shared the question papers and to his surprise, the questions were the same with the questions he saw that morning. Because the questions he saw had answers which he read as well, he knew that he would get the best result in the quiz so he started answering the questions, looking forward to the prize he would win for his school. His conscience kept disturbing him until he finally stood up and told one of the examiners what happened. Because he had already seen the questions, he was disqualified from the competition.

When some of his classmates heard what he did, they insulted him and called him a stupid boy. When the quiz result came out, nobody in his school won first to third positions. However, he received an award from the minister of education for his integrity. His award made his school very popular and everyone in school started respecting him.

QUOTE OF THE WEEK

"Wrong is wrong even if everyone is doing it, and right is right even when no one is doing it." - Donna Johnson

INDIVIDUAL ASSIGNMENT

Write down three things you learnt from the story.

GROUP PROJECT

Like you did last week, study your classmates and give each person a point for whatever act of integrity he/she performs. The person with the highest points wins.

CLASS ACTIVITY

Dupe had always been the best student in her class but in the previous term, she was second best. This makes her parents sad so they hire a lesson teacher for her. For their English continuous assignment, the students are given a take-home assignment. Since she now has a lesson teacher who can help her do all her assignments and projects, she stops doing her assignments and projects herself. During the end of session party, Dupe is awarded a present for being the best student in English in her class. After she is given her award, she is told to tell everyone about the essay she wrote. Because she did not do the assignment herself, she starts stammering.

- A. Do you think Dupe could have gotten the best result if her lesson teacher did not do her assignment for her?
- B. Is it fair that Dupe got the price for work she did not do herself when other students worked so hard to get theirs done?
- C. Could Dupe have stopped her lesson teacher from doing her assignments for her?
- D. What should Dupe's lesson teacher have done whenever she brought her assignments to her?
- E. Do you think Dupe would have stammered during the end of the session presentation if she wrote the essay herself?