

- I. Basic Principles of Attitude Development.**
 - A. A child's formative years are the most important for instilling the right attitude (see Prov. 22:6).**
 - B. An attitude never stops growing.**
 - 1. Our attitudes are formed by our experiences and how we choose to react to them.**
 - 2. There is no such thing as an unalterable attitude.**
 - C. The more our attitude is built on the same foundation the more solid it becomes.**
 - D. From time to time we come in contact with people who greatly affect our attitude.**
 - E. There is no such thing as a flawless attitude.**
 - F. Certain factors have a greater affect on our attitude at different points in time.**
 - 1. Birth: personality, environment.**
 - 2. Age 1- 6: adult acceptance/affirmation, expressions.**
 - 3. Age 6-10: self-image, exposure to new experiences.**
 - 4. Age 11-21: peer association, physical appearance.**
 - 5. Age 21 --- : marriage, family, job.**

- II. Factors That Influence the Formation of Our Attitude.**
 - A. Personality – who I am.**
 - 1. We're all different and each personality is accompanied by a set of attitudes.**
 - 2. Most people develop attitudes that are consistent with their temperament.**
 - B. Environment – what's around me.**
 - 1. Our environment has a greater impact on our attitude development than our personality.**
 - 2. Environment is the first thing that influences our belief system.**
 - C. Adult acceptance/affirmation – what I feel.**
 - 1. People don't care how much you know until they know how much you care.**
 - 2. No one has ever been told too many times that he/she is important, loved, and appreciated.**

- D. Expressions – what I hear.**
 - 1. The saying, “Sticks and stones can break my bones but names will never hurt me” isn’t true.
 - 2. Words are powerful and have a lasting affect.
- E. Self-image – how I see myself.**
 - 1. We usually act in direct response to our self-image.
 - 2. One of the best ways to improve your self-image is to get some success under your belt.
- F. Exposure to new experiences – opportunities for growth.**
 - 1. Nothing in life causes more stress, yet at the same time provides more opportunity for growth, than new experiences.
 - 2. Parents should expose their children to new positive experiences that build good and godly self-image and confidence.
- G. Association with peers – who influences me.**
 - 1. Be careful who you hang out with.
 - 2. If someone’s negative influence on you is greater that you’re positive influence on him/her, you need to back off (see 1 Cor. 15:33).
- H. Physical appearance – how I look.**
 - 1. In America incredible pressure is put on people to have the “in look” and Hollywood dictates what’s in.
 - 2. If the people you love most are happy with the way you look and you’re happy with the way you look, then you look good.
- I. Marriage, family, job.**
 - 1. Your spouse will have a great influence on your perspective – how you see things.
 - 2. Partners should always expect the best and emphasize strengths.

III. A Costly Mistake.

- A. Some people grow up selling themselves short because someone at some time filled their mind with life-limiting thoughts.**
- B. Others can stop you temporarily, but you are the only one who can do it permanently.**
- C. Believe and act on the great truth that you can do all things through Christ who gives you strength (Phil. 4:13).**