

C y b e r B r e a k

April 13, 2007

Coming up next week. . .

SBA Student Elections – During the Week

Medical/Dental/Vision Open Enrollment Meeting and Plan Changes -Tuesday, April 17th

1 to 2pm W229, Contact Bismarck in Accounting for more information (x6812)

How are you thinking?

It's known that life isn't fair, but that doesn't justify negativity: Bad things do happen, but it's not the situation that makes us feel bad, it's ourselves. It is how we interpret a situation that makes it negative. If you think you can do something, you can do it, but this also works the other way. What you think is what you get. So here are some tips to keep you thinking positively.

Check your Focus

Your thoughts become the basis of your beliefs and the things we focus on become a magnet for our lives. If you focus on positive opportunities, it'll seem like doors are opening everywhere. As soon as you start to think there's an obstacle in your way, that obstacle will multiply into a roadblock of problems.

How often do you hear people say, "(s)he's so lucky"? The more you focus on positive aspects of life, the more you'll find yourself being the "lucky" one. The most successful people are considered lucky because they are constantly checking their focus. It's their focus that puts them in the right place at the right time. Luck is 90% preparation, and 10% opportunity.



Which column do you tend to think in? Check your focus by taking a look at how you spend your time, money, and energy—your resources. If you spend it in one place, you can't spend it elsewhere. By checking your focus, you can determine you're luck.

Forgiveness	vs.	Anger	Today	vs.	Yesterday
Others	vs.	Self	Building Up	vs.	Breaking Down
Opportunities	vs.	Problems	Humor	vs.	Drama
Gratitude	vs.	Envy	Controllable Things	vs.	Uncontrollable Things
Abundance	vs.	Scarcity	Giving	vs.	Taking

Remember, only YOU have the power to change the way you think. No one else can do that for you or change how you think or feel. You're in control!

(From Orchestrating Attitude, by Lee J. Colan, available in the Staff Library – W100 Conference Room)

"Only I can change my life. No one can do it for me."

Carol Burnett

The next staff development workshop will be on

Business Writing Basics

Friday, May 4th at 12:30 – 4PM

If you have certain questions or topics you'd like to have discussed, please email Johanna at jgan@swlaw.edu.

FEEDBACK: Have ideas, suggestions, comments or contributions for future editions of CyberBreak? Please email them to Johanna Gan at jgan@swlaw.edu