

### Inside this issue

Just A Minute

Humor – Lateral  
Thinking on Attitude  
of Positivity

Old wine in a new  
bottle

Open secrets

Who is Roger Bacon

Meet – Retd. Air Chief  
Marshall Latif

### You always have a choice, even if it is only a choice of your attitude – Lucy MaDonald

The inner voice of the human mind... can make anything worse!!! It can take a small problem, muse over it for some time, and make it a bigger problem. It can tell what might go wrong, point all the dark possibilities, and imagine a very bad situation, thus taking a mild annoyance to a major disaster and convince itself that the imagined situation is the real situation. We then struggle to confront a problem that only exists in our mind.

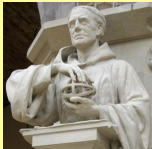
The inner voice of the human mind... can make anything better!!! It can take a huge problem, acknowledge, understand, and assess it, then think and analyze possible solutions. It can look at the chances of overcoming the problem and of generating various alternate options, willing itself to accept the situation, and look beyond the horizon to believe that the situation is resolvable. We then calmly work through the problem towards our objectives.

There are aspects of our life that are beyond our control. When these create problems, i.e. situations that cause us trouble, our energy and peace of mind look for aspects within our control, to be able to stand up and counter the problems. One aspect that we do have within our control is our *attitude of positivity!*

Observe yourself in situations → listen to your inner voice → change your inner dialogue → change your attitude → change your actions → change your outcomes

Give yourself a serving of positivity every morning... ☺

### Who is Roger Bacon



*Invented the magnifying glass. His studies include the physiology of eyesight, the anatomy of the eye and the brain & considers light, distance, position, and size, direct vision, reflected vision, and refraction, mirrors and lenses. He first recognized the visible spectrum in a glass of water, four centuries before Sir Issac Newton discovered that prisms could disassemble and reassemble white light.*  
Source: Wikipedia

### Open Secrets on developing an Attitude of Positivity

Positive psychology studies indicate a positive attitude, along with an optimistic outlook and positive thinking, can bring better health and greater happiness.

- *Dream*
- *Act*
- *Solve*
- *Love*
- *Listen*
- *Help*
- *Smile.....Laugh*

### Obstacles are an optical illusion - Michael A. Verdicchio

An illusion is an erroneous perception of reality or an erroneous concept or belief.

"Obstacle illusion," means an obstacle that gives you an erroneous perception of reality. An obstacle is simply something that opposes, or stands in the way, or holds up progress. Far too many people allow obstacles to stop them completely.

Suppose you were on a trip from one city to another and came across some road construction that closed the road you intended to take. Does that obstacle mean that the trip is over, and you go home? If so, that is an obstacle illusion. Why? It's because your entire trip doesn't have to end just because of a road closure. You may have to take a detour and go a little out of your way. It may take a little longer time, and you may not get to see the same scenery you hoped. However, you can still get to your destination.

When it comes to life there are many obstacle illusions that just stop people cold in their tracks. A little roadblock pops up and, so often, people quit; they abandon their dreams and desires.

There will always be obstacles that pop up, however, regardless of the obstacle, what is most important is how you choose to see it. If you see it for what it is, just an obstacle, something that is only standing in the way, something that is just holding up progress, then that's fine. If you instead quit and throw in the towel, well, you've succumbed to an obstacle illusion.

One night many years ago, when one of Thomas Edison's laboratories, worth over a million dollars, with no insurance coverage, burned to the ground, Edison took one look at the rubble and said, "Let's clear it away and build a new laboratory."

Successful people don't quit and throw in the towel.

Stay focused and determined, and with help, there is no obstacle illusion that can stop you.

Source: [www.articlesalley.com](http://www.articlesalley.com)



*You cannot tailor make the situations in life, but you can tailor make the attitudes to fit those situations before they arise*  
– Zig Ziglar

*The last of the human freedoms is to choose one's attitude in any given set of circumstances* –  
Victor E. Frankl

### Humor – Lateral Thinking on Attitude of Positivity

#### Double Positive

*A linguistics professor was lecturing his class the other day.*

"In English," he said, "a double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A voice from the back of the room retorted, "Yeah, right."

### Meet – Retd. Air Chief Marshall Idris Hassan Latif

A few years back, our team from Success Unlimited met Latif to gain insight into his accomplishments. Born on 9th June 1923 at Hyderabad, Deccan, he is a veteran pilot, he has flown almost every plane in the Indian Air Force ever since his being commissioned in 1942. He has received the Param Vishist Seva (PVSM) medal in 1971. Later, he has been the Governor of Maharashtra, and then went on to become the Indian Ambassador to France till 1988. He and his wife, Mrs. Bilkees Latif have always been active participants in social welfare activities in Hyderabad. His thoughts –

*On values: My early years have helped shape my personality, character, attitude, & temperament. Implement*

- Time and punctuality
- Religion – to be kind, forgivable, helpful, truthful, have integrity
- Integrity – determined by our actions
- Self reliance
- Make discipline your way of life

*On being successful: Success is having the focus to improve. To be successful in life*

- know your value system
- be conscious of time
- keep improving
- know how to tap resources

*On Leadership: Leadership is by example. A leader has the values of generosity, integrity, selflessness.*

*Message: Remember three "I"s in life – Integrity, Ideas, and Initiative.*

*Integrity should become part and parcel of your life.*

*Never step away from an Idea.*

*Take initiative – constantly think beyond your own limited sphere.*

### Interact with Revathi

at [info@revathionline.com](mailto:info@revathionline.com)

Visit

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### Old wine in new bottle – Attitude of Positivity

One horse too many

*An old Chinese tale describes a farmer who used an old horse to till his fields. One day, the horse escaped into the hills. The farmer's neighbors said, "What bad luck."*

*The farmer replied, "Bad luck? Good luck? Who knows?"*

*A week later, the horse returned with a herd of horses from the hills and his neighbors said, "What good luck."*

*His reply was, "Good luck? Bad luck? Who knows?"*

*Then, the farmer's son, while attempting to tame one of the wild horses fell and broke his leg. Everyone thought this very bad luck. Not the farmer, whose only reaction was, "Bad luck? Good luck? Who knows?"*

*Some weeks later, the army marched into the village and conscripted every able-bodied youth they found. When they saw the farmer's son with his broken leg, they sent him home. Now was that good luck or bad luck?*

*Who knows?*

*Stay positive that what happens, happens for a reason...*