



Leaders to Follow

Providing Leadership Development Services and Programs in the US and Europe since 1985

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A New Attitude

By Sara Tusek

There's a driveway on Roscoe Boulevard in Ponte Vedra marked by a very official-looking street sign bearing the message, "Change of Attitude Lane." Whenever I drive past this sign, I check my mental state to see if I am harboring a bad attitude, as the implication of the sign, obviously, is to shake of your old bad attitude and put on a new positive one.

As we look at the current state of the world, the news is, as usual, not good. The war in Iraq continues, with no end in sight. In the US, Presidential candidates are bashing each other every night at dinnertime, and

the price of gas has gone way up again.

The US housing market is in a deep slump, after a booming market a few years ago encouraged mortgagers to allow high-risk borrowers to buy homes they really couldn't afford; the reckoning of the failure of that gamble, with its result of foreclosures and defaults, has rippled through world financial markets.

A gloomy attitude is perfectly justified; the news is all bad, and getting worse every day. Why try to take a new attitude? I'll give you three powerful reasons to change your attitude.

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The International Leadership Institute

Was founded in 1985 in Princeton, NJ

Remains dedicated to leadership development

Has run more than 50 Executive education and Leadership Development programs in the US, for European clients

Has partnered with the US Department of State, the University of North Florida, the Jacksonville Chamber of Commerce and more than 700 other businesses, universities, religious organizations, private citizens and government agencies

Renewing of Old Ties

During my summer visit to the Czech Republic, my brother Zdenek, his wife Alena and I traveled to Vienna to visit our friends of many years, Bill and Mona Angel. Now retired from a distinguished life-long career at the United Nations, the Angels are enjoying their time together at home.

Their great attitudes are contagious, and I am grateful that we were able to meet again. Bill was my good friend when I was in New York City, at Columbia University. He encouraged me in many ways, always bringing humor, cheer, energy and the right attitude to our friendship. We love you, Bill and Mona!

-Jarda Tusek



A Good Attitude! Longtime ILI friends Mona and Bill Angel in Vienna, courtesy Dr. Z. A. Tusek

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1. Changing your attitude lengthens your life

According to social scientists, physicians, and pollsters, the social factors that lengthen lives include marriage, caring for pets, staying physically active, having many friends, keeping religious faith and having meaningful work.

From this we can extrapolate that since good social relationships usually produce a more positive attitude, and these good relationships add days to our lives, then the good attitude they produce must be a big factor in longevity.

Moreover, having a positive understanding of the purpose of life, expressed through faith in our Creator and work satisfaction, also seems to contribute to a good attitude. When life is meaningful and enjoyable, we want to live longer.

2. All the news is not all that bad

The media gets blamed for all kinds of ills, such as only reporting bad news. This claim is, sadly, too often true.



*A little one who needs a
change of attitude!*

On any given day, what's going well is vastly greater than what's going poorly. Every day thousands of airplanes land and take off with no problems; millions of cars navigate the road safely; billions of people live through the night (albeit sometimes with difficulty, but nevertheless, successfully) to see another morning. Computers work; surgeons operate and save lives; babies are born. The good that is happening is far, far more prevalent than the bad. Look for the good news.

3. A bad attitude is contagious!

Gloom and doom are highly attractive to some personalities. Just look at the baby above! Barely a resident of this world, and already tired of it all! Sometimes all it takes is a nap and a good meal to chase away the clouds of despair; it's worth trying to change your bad attitude right away, as bad moods are irresistibly catching, like a cold virus. Look for what's good, and be willing to change your attitude. Other people are watching you. Why not encourage them with your great attitude? You'll feel better, too!

