

## Website Column

# “Attitude: WHY it is important”

Attitude is a skill and because it is a skill, it can be Learned!

You develop your attitude over time as you are growing up; you are not born with it.

Attitude is a reaction or byproduct of what you experience. Attitude can be a good one or a bad one.

Attitude might be construed as an extension of how we feel about ourselves and how we see ourselves as people; for example have you ever met a happy person with a poor attitude?

You would probably answer no to that question.

So why is your attitude important?

If your attitude is not important, how come it affects everything we do and everyone we meet; your attitude could be likened to your calling card (business card) as it stays around long after we have left.

Have you ever started a project with the wrong attitude?

If you have, then I bet that it did not turn out like you originally intended or you did not enjoy the process.

Now think of a project that you commenced with the right attitude. I bet everything turned out as you expected and it was an enjoyable process with few obstacles.

So how does this have anything to do with your sport?

It has everything to do with the sport we play.

If you play with the wrong attitude it is really hard to get the right result. When you are out on the field you must approach every shot with the right attitude or frame of mind. You must expect the shot you are about to play is the right shot for the situation and that it is going to be the perfect shot or the best shot you ever played. And if the shot you have just played is not correct or does not work out as planned, you still must maintain the best attitude (for the next shot).

There is no point beating yourself up over that shot. When you berate yourself you lose focus. You become negative. That hurts the rest of your game. You distract other members of the team and it lets the opposition know that they are in control of the game for the moment and not to mention that a bad attitude can be physically draining.

So, having the right mental attitude can only be of benefit to you and assist you in your quest to win. Okay, so you didn't win and were beaten on the day. Where does that leave your attitude?

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I reckon that if you maintain a consistent and positive attitude the opposition will always treat you with respect.

Be confident in the decisions you make, play every game or shot with the right attitude and you will generally come out on top.

Remember the most important delivery you have is the next one, so why waste time going over what should have happened.

Just move on and be confident and specific with your next delivery. After all, it is the only one you can do anything about.

**Lachlan Tighe, 2019**