

# Believing and Achieving

How can you be happy and fulfilled in your profession ... in your church work ... in your personal life? That's a question of near-universal appeal.

Perhaps it has a lot to do with what you expect.

The happiest people in life, I have discovered, don't necessarily *have* the best of everything. They just try to *make* the best of everything.

They're like the person in a remote village going to a well every day to get water who says, "Every time I come to this well, I come away with my bucket full!" instead of, "I can't believe I have to keep coming back to this well to fill up my bucket!"

A person's attitude has a profound influence on his approach to life – and on his ultimate success.

John C. Maxwell, author and internationally recognized expert on leadership development, addresses this subject in his book *The Difference Maker*.

"Ask a coach before a big game whether his attitude and that of his players will make a difference in the outcome of the game. Ask a surgeon if the patient's attitude matters when she's trying to save that life in an emergency room. Ask a teacher if students' attitudes have an impact before they take a test," he wrote.

"One of the things I've learned is that life often gives you whatever you expect from it. If you expect bad things, those are what you get. If you expect good things, you often receive them. I don't know why it works that way, but it does," Maxwell added. Then he offered a challenge:

"Give yourself 30 days in which you expect the best of everything: the best parking place, the best table in the restaurant, the best interaction with clients, the best treatment from service people. You'll be surprised by what you encounter, especially if you give your very best to others in every situation as well."

Maxwell is exactly right. This principle is laced throughout Life Care's Mission and Values statement – our desire to be the "premier provider of long-term health care" and "the facility of choice in any community in which we operate."



If we believe it, it's possible to achieve it. Life gives us what we expect.

– Beecher Hunter