

Ability, Motivation, and Attitude

Life is worth living no matter how expensive or painful the lessons I have had to learn have been.

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“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.” Lou Holtz

There are three primary aspects of your life that will determine whether or not you are successful in your endeavors. You will not be successful if you have only one or two. You must have all three working together.

Consider them like the three legs of a “stool of success.”

Ability – the level at which you are able to actually do things. Your skill level. If you have a high level of skill, that’s good. And the better you get, the better it will be for you. To the degree that you can perform your actions at higher and higher skill levels, the more and more success you will find in your chosen field.

Motivation – the level at which you are able to find “a reason to act.” This is the internal drive that you find that enables you to exercise your abilities. To the degree that you can find a way, or ways, to keep yourself motivated, you will see yourself right in the thick of things, carrying out your actions to the best of your abilities and succeeding accordingly.

Attitude – this is the mental state that you have while carrying out your actions to the best of your ability. It is the way you view the world around you and choose to see it, either positively or negatively. To the degree that you can maintain a positive attitude about yourself, others, and the circumstances you find yourself in, you will see yourself achieving greater and greater things.

“But Chris, can’t I get away with just two?”

No!

What if you have high skills and motivation but a rotten attitude? People will stay away and hinder your success. What if you have a good attitude and motivation but poor skills? People will like you, maybe even root for you, but go to someone else with the skills they need. What if you have great skills and attitude but no motivation? Well, you'll be sitting on the couch like a lazy slug while the go-getters are out there making your money and achieving your dreams!

No, it takes all three. So let's ask some questions:

Ability: How highly skilled are you? Is your skill level holding you back? How so? What could you achieve if you just took your skills to the next level beyond where they are right now? How would improving your skills improve the bottom line of your success?

Motivation: How motivated are you? Why do you answer that way? What would your spouse or close friends say? Would they say you are as motivated as you say you are? Why or why not? Why do you have the level of motivation that you have? What could you do to find a higher level of motivation? What would happen if you became super motivated for the next period of your life. What great things would happen?

Attitude: Do you have a good attitude or a poor one? How would you rate yourself? What about when things go wrong? Are you more of an optimist or a pessimist? What would happen if you took your attitude to the next level for the next 60 days? What if you just chose to have an incredible attitude? What would be the ramifications?

"The world cares very little about what a man or woman knows; it is what a man or woman is able to do that counts." Booker T. Washington

This is so true. People will judge you on what you accomplish, not what you know or what you talk about. In fact, if you know a lot or talk a lot but do not accomplish anything, people will wonder what happened.

So the question is whether or not you will take the actions

necessary to deliver on your potential. To do so, you will need to focus in on the three legs of the stool of success: Your ability, your motivation, and your attitude.

Take some time this week to give some serious thought to these three areas. Your success depends on it! And when you have done some reflection – put the conclusions you come to into action!



Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially

successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!