

*Your attitude, more
than your aptitude,
determines your
altitude.*

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ISBN 978-1500105280

ALSO BY GREG TYREE

The Power of a Positive Attitude

In My Own Words

My Own Life Focus

My Own Life Map

My Own Life Time

30 Days to a Better Marriage

How to Lead Someone to Christ

The Master's Peace

God Can Turn Your Church Around

Growing in God's Word

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Gregory Tyree



Attitude Type Test

From

*The Power of a Positive
Attitude*

Attitude Type Test

This assessment is taken from my book, *The Power of a Positive Attitude*. It is best used in conjunction with the book, but if you have a good understanding of the concepts about attitude, you may benefit from this as a stand-alone resource.

You probably want to know the answer to the question, “How can I *change* my attitude?” Put another way, how can you transform a negative attitude into a positive one? There are essentially five things you need to do to have an “attitude adjustment.”

1. Take the Attitude Test
2. Determine Your Attitude Type
3. Determine Where You want to Go
4. Choose to Go There
5. Figure Out How to Get There

The Attitude Type Test

In addition to the *Attitude Test*, I have designed the *Attitude Matrix* (does that sound cool, or what?), which I hope will help you to visually grasp the idea of the four *Attitude Types*. I believe it is beneficial for me to explain the terms I have chosen to represent the four attitude types. Three of the four terms have negative connotations, and only one is positive. I have chosen to use negative terms for these three attitude types for a couple of reasons.

First, the terms I use actually describe the attitude type to which they are connected. The Type-1 attitude is *negative*. Obviously, “negative” is the opposite of “positive,” and is the perfect term for the Type-1 attitude as this person has both a negative self-attitude and a negative others-attitude. The Type-2 attitude is *insecure*. They have confidence in others, but not in themselves. The Type-3 attitude is *indifferent*. Having a low-value of others, they seem to have or reveal an exaggerated sense of their own importance or abilities, while projecting a lack of interest in other people.

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Second, if I were to use positive-sounding terms for the less-desirable attitude types, you may not be inclined to improve your attitude. I propose that each of us should aspire to be a Type-4 attitude, which is *positive*. This is the person who has an appropriately high view of self, while having an equally appropriate view of others. In other words, there is only one *truly* positive attitude type: the *Positive Attitude* (Type 4).

The following is a summary of the four attitude types:

1. Negative Attitude (Type-1)

A person with a *Negative Attitude* has a negative self-attitude (negative self-image) and a negative attitude towards others. This is the most negative and unhealthy of all the attitude types.

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2. Insecure Attitude (Type-2)

A person with an *Insecure Attitude* has a negative self-attitude (negative self-image) but a positive attitude towards others. It can be argued that this attitude type is more desirable than the *indifferent* attitude, but it is just as unbalanced, and is not healthy.

3. Indifferent Attitude (Type-3)

A person with an *Indifferent Attitude* has a positive self-attitude (positive self-image, though perhaps exaggerated) but a negative attitude towards others. They are egocentric, and difficult to deal with. This is an unbalanced and unhealthy attitude type.

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4. Positive Attitude (Type 4)

A person with a *Positive Attitude* has a positive self-attitude (positive self-image) and a positive attitude towards others. This is the most balanced, positive, and desirable of all the attitude types.

The *Attitude Matrix* is on the next page, and is a visual representation of my *Attitude Type* paradigm. For now, take a look and get familiar with the idea. You will understand it better after you take the *Attitude Test*.

The Attitude Type Test

THE ATTITUDE MATRIX

Demonstrating the Interaction of
Self- Attitude and Others- Attitude

Others- Negative (2)	Others- Positive (1)	
Self- Positive INDIFFERENT (A/2) Others- Negative	Self- Positive POSITIVE (A/1) Others- Positive	Self- Positive (A)
Self- Negative NEGATIVE (B/2) Others- Negative	Self- Negative INSECURE (B/1) Others- Positive	Self- Negative (B)

A/1= Positive Attitude

This person has a positive self-attitude and a positive attitude towards others.

A/2= Indifferent Attitude

This person has a positive self-attitude but a negative attitude towards others.

B/1= Insecure Attitude

This person has a negative self-attitude but a positive attitude towards others.

B/2= Negative Attitude

This persona has a negative self-attitude and a negative attitude towards others.

TAKE THE ATTITUDE TEST

I know from experience that there are three groups of people when it comes to taking type-tests, surveys, or assessments: those who love them (me); those who hate them (most people?); and those who don't mind if they are not too complicated and lengthy.

- **Those Who Love Assessments**

For those who love taking type-tests and assessments, proceed to page 16 and take the *Attitude Type Test*.

- **For Those Who Hate Assessments**

If you hate taking type-tests and assessments, you can simply take what you have learned so far in this chapter, combined with your understanding of the *Attitude Type Matrix*, and determine what you think your attitude type is. Bear in mind that this is the least-

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accurate method of determining your attitude type.

- **Those Who Don't Mind Assessments If They Are Not Too Complicated**

If you don't relish the idea of taking a more formal assessment, though the *Attitude Type Test* is not very technical, you can take the *Abbreviated Attitude Type Test* on the next page.

Regardless of which approach you take, ascertaining your attitude type is essential to understanding yourself and how you relate to others, as well as mapping out your journey to attaining a more positive and impactful attitude. Your *success* in the process will be directly proportionate to your *effort* in the process.

THE ABBREVIATED ATTITUDE TYPE TEST

After each number, circle the word that best describes how you feel about yourself in general. Do not overthink it; this is just an informal analysis. You should have someone who knows you well whom you trust to share their thoughts with you. This will help you be more objective. If you feel that a single word is inadequate for you to rate yourself, consider taking the full assessment on page 16.

SELF-ATTITUDE ASSESSMENT

(How You See Your Self and How Others Think You See Yourself)

A	B
1. Confident	Unsure
2. Joyful	Melancholy
3. Hopeful	Fearful
4. Forgiven	Guilty
5. Blessed	Victim
6. Gratitude	Entitled
7. Worthy	Unworthy

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A	B
8. Humility	Shame
9. Content	Restless
10. Peaceful	Anxious
11. Faith	Doubt
12. Future-Focused	Past-Focused
13. Challenged	Frustrated
14. Growing	Cruising
15. Unique	Ordinary

Total Column A: ___

Total Column B: ___

OTHERS-ATTITUDE ASSESSMENT

(How You See/Treat Others and How Others Feel You See/Treat Them)

1	2
1. Patient	Impatient
2. Trusting	Suspicious
3. Opportunities	Interruptions
4. Forgiveness	Bitterness
5. Glad for	Jealous of
6. Happy for	Envious of
7. Edify	Belittle
8. Helpful	Unconcerned

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1	2
9. Honest with	Dishonest with
10. Empathy	Apathy
11. Generous	Stingy
12. Love for	Indifference
13. Open to	Closed to
14. Sensitive to	Insensitive to
15. Courteous	Aloof

Total Column 1: ____ Total Column 2: ____

Taking the two highest numbers from the four columns (A, B, 1, 2), write your letter-combination here: ____/____

A/1= Positive Attitude (Type 4)

A/2= Indifferent Attitude (Type 3)

B/1= Insecure Attitude (Type 2)

B/2= Negative Attitude (Type 1)

If you are an A/1, or you have a *Positive Attitude*, this book will serve as an encouragement to nurture that. If you are any of the other three attitude types, you will want to develop a plan to move from there to *Positive*.

THE ATTITUDE TYPE TEST

Following are fifteen pairs of statements which stand in juxtaposition. Select the statement in each pair that best generally represents you. Circle the representative letter (A or B in the first segment and 1 or 2 in the second segment). Do not overthink it; this is just an informal analysis. You should have someone who knows you well whom you trust to share their thoughts with you. This will help you be more objective.

SELF-ATTITUDE ASSESSMENT

(How You See Your Self and How Others Think You See Yourself)

- A. I am a very confident person, and people see me this way; or
- B. I am often unsure of myself, and this is obvious to others.

- A. I am almost always joyful, and people see it; or
- B. I am often down and seen by others as melancholy.

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- A. I tend to be a hopeful person, being seen as optimistic; or
 - B. I am often fearful of the future, and people see me as pessimistic.
-
- A. I have a deep sense that I am forgiven for past misdeeds or sins; or
 - B. I typically feel guilty about the past, and have a hard time forgiving myself.
-
- A. I feel that I am a very blessed person, and I tell others that; or
 - B. I feel like I am usually coming up short, and others tell me I should be more thankful.
-
- A. I am so grateful for what I have, regardless of my financial situation; or
 - B. I work hard and often wonder why I don't have more; after all, I deserve more.
-
- A. I feel that I am a worthy person, but I am not boastful; or

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- B. I feel so unworthy; I don't deserve what others have, anyway.

- A. I have a sense of humility based on my spiritual alignment with God; or
- B. I feel shame and regret, and wonder if God can really love me like I am.

- A. I feel very content with my station in life, and am okay if I stay where I am; or
- B. I am usually restless, and people often ask me why I can't just be satisfied.

- A. Even though my world is turbulent like most people's, I feel very peaceful inside; or
- B. I tend to be anxious, and people often accuse me of being a worry wart.

- A. I am a person of faith, and I am confident God is active in my life; or
- B. I am plagued with doubts that my life has any real meaning.

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- A. I am excited and confident about the future; or
 - B. I am fearful about the future; I am more comfortable with and long for the past.
-
- A. When obstacles emerge in my life, I look at them as challenges; or
 - B. I get so frustrated when things do not go my way and feel like throwing my hands up!
-
- A. I like to learn new things and new ideas, and people comment how much I have grown; or
 - B. I like the status quo; no reason to rock the boat. I've paid my dues; it's time to relax.
-
- A. I am confident that I am a unique individual, special in my own way; or
 - B. I feel fairly common, and don't see how I am any different than most others.

Total Number of "As" Circled: A: _____

Total Number of "Bs" Circled: B: _____

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A= Positive Self-Attitude

B= Negative Self- Attitude

Your *Attitude Type* will be revealed after you complete the next section.

OTHERS-ATTITUDE ASSESSMENT

(How You See/Treat Others and How Others Feel You See/Treat Them)

1. When people go slower than I do or when they learn slower than I do, I am patient with them and wait; or
 2. I tend to be impatient when people go slower or learn slower than I do.
-
1. I tend to trust people and give them the benefit of the doubt; or
 2. I am suspicious of people's motives, requiring them to prove they are honest.
-
1. When someone shows up unannounced I see an opportunity to develop a relationship; or
 2. When someone shows up unannounced it's an interruption.

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1. When people hurt me I am usually quick to forgive; or
 2. When people hurt me I tend to be bitter and hold a grudge.
-
1. When other people succeed or have more than I do I am glad for them; or
 2. When my friends have more than I do or are more successful, I tend to be jealous.
-
1. When I hear a friend being complemented or see how popular they are, I am happy for them; or
 2. When others get compliments or enjoy relationships that I don't, I am envious.
-
1. People often tell me how I am always building people up; or
 2. I sometimes get accused of putting people down and being too critical.
-
1. When others seem overwhelmed I usually pitch in and help in a tangible way; or

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2. Honestly, I can't say I get too concerned about other people's problems.

1. I am always honest, even about little things that some people say don't matter; or
2. I am known to tell "little white lies" as long as they don't hurt people.

1. When I see someone suffer I try to put myself in their shoes; or
2. I don't usually concern myself with problems that don't directly affect me or my family.

1. I love giving financially to charities and good causes, or to friends in need; or
2. I tend to be stingy, preferring to spend "extra" money on myself or family.

1. I am a very loving and affectionate person, showing how I feel; or
2. I tend to be indifferent toward others, in action if not in "feeling."

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1. I am very open to people, inviting them to share in my life; or
 2. I rather keep my life to myself and a select few; I am not thrilled about transparency.
-
1. My friends would describe me as a sensitive person, caring about other's feelings; or
 2. My friends say I am insensitive and am a little harsh in my dealings with others.
-
1. My social approach is to be courteous and mindful of what I say and how I act; or
 2. My friends say I am often aloof, and am sometimes rude.

Total Number of "1s" Circled: 1: _____

Total Number of "2s" Circled: 2: _____

1= Positive Others-Attitude

2= Negative Others- Attitude

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Taking the two highest numbers from the four columns (A, B, 1, and 2), write your two-letter-combination here (for example: B/2): _____/_____

A/1= Positive Attitude (Type 4)

A/2= Indifferent Attitude (Type 3)

B/1= Insecure Attitude (Type 2)

B/2= Negative Attitude (Type 1)

If you are an A/1, or you have a *Positive Attitude*, this book will serve as an encouragement to nurture that. If you are any of the other three attitude types, you will want to develop a plan to move from there to *Positive*.

DETERMINE YOUR ATTITUDE TYPE

Based on your letter-number combination (at the top of this page), write your attitude type here:

I have a(n) _____ Attitude

It is possible that you are very surprised by your attitude type, and may be

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inclined to relegate the *Attitude Type Test* to the junk pile of other assessment tools you do not like. Maybe your attitude type is as you expected. Here are a few pointers to improve the accuracy of the assessment.

1. If your type is an extreme shock or you simply can't accept it, take the test again, being sure to understand that the statements refer to how you generally actually think and behave; do not think in terms of "right and wrong" or what you wish your attitude is.
2. As suggested before, have your spouse, a close friend, or family member who knows you well and is not afraid to be honest with you assist you with the test. They will be more objective.
3. In looking at the statement pairs, select the one that *best* describes you. You may feel that neither statement adequately describes

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you, but it is essential that you determine which one *best* describes you. Skipping any statement will skew the results.

4. Be sure to not overanalyze the statements. They refer to how you *generally* behave or think. In the real world, our attitude *fluctuates* somewhat on any given day, but each of us does have a predominant attitude type.
5. If you are a person of faith, pray that God will direct you in taking the test, asking Him to help you select the statement that is most true about you.

DETERMINE WHERE YOU WANT TO GO

Unless you already have a true Type 4 attitude (Positive), you probably want to take steps to get there. What follows is my recommended approach.

The Next Step for Type 1 (Negative)

If you have a Type 1 attitude (Negative), your next step is to become a Type 3 (Indifferent). You will intuitively have two concerns right away.

1. Why shouldn't you move from Type 1 to Type 2 (i.e., why skip Type 2)?
2. Why would you want to be a Type 3 (Indifferent)?

The reason you don't want to move from Type 1 to Type 2 sequentially is that the Type 2 person (Insecure) has a negative self-attitude. It is doubtful that you will attain a positive others-attitude until you have a positive self-attitude. With this approach, you actually "bypass" Type 2 (Insecure) and "jump" to Type 3. The only step after that is to become a Type 4 (Positive).

Of course your second concern is the name of the Type 3 attitude: *Indifferent*.

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Unless a person enjoys being self-centered (and there are people who do!), who wants to be called *indifferent*? Don't let this hinder your progress. Believe me, if you can go from having a negative self-attitude and a negative others-attitude to having a positive self-attitude and negative-others-attitude, you won't be there for long. Because you have improved your self-attitude, you will quickly develop your others-attitude. Your goal is to be a Type 4 (Positive).

The Next Step for Type 2 (Insecure)

If you have a Type 2 attitude (Insecure), your next step is to become a Type 4. Since you already have a positive others-attitude, you need only to develop a positive self-attitude. This is harder than it sounds, however. Overcoming self-doubts and building confidence and a positive self-image can be very difficult. But if you are willing to do the hard work to improve your self-esteem (and only you can do that), you

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can become the positive and optimistic person you want to be.

The Next Step for Type 3 (Indifferent)

If you have a Type 3 attitude (Indifferent), your next step is to become a Type 4. Since you already have a positive self-attitude, you need only to develop a positive others-attitude. This is harder than it sounds, however. Overcoming self-centeredness and having more compassion, patience, concern for, and interest in others can be big leap. But if you are willing to do the hard work to improve your attitude toward others (and only you can do that), you can become the positive and optimistic person you want to be.

The Next Step for Type 4 (Positive)

If you have a Type 4 attitude (Positive), you want to take intentional steps to strengthen and guard your positive attitude. Life-events, other people, and

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extenuating circumstances can threaten to steal your joy and rob you of your attitude. The key is to maintain a proper view of self and others, and to be grateful and humble for who you are.

CHOOSE TO GO THERE

Knowing your attitude type and what your next step is to improve your attitude is only half of the battle. For many people, making the choice to change proves to be their Achilles heel; it is their blind spot and their greatest source of failure. After all, it is tough to admit that we need to change. It is especially difficult when change involves ridding ourselves of deep-rooted beliefs and long-standing habits and behaviors. As corny as it sounds, the old cliché is true: if it is to be, it is up to *me*. That's the power of a positive attitude.

FIGURE OUT HOW TO GET THERE

Regarding your attitude, there is no book or program that can tell you what to

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do and all you have to do is follow the steps. If only it was that simple. Your life is so unique it cannot be compared to others, and what works for one person doesn't work for another. However, there are universal principles at work in the world, and there are some general strategies you can adapt to your personality. I will offer a few strategies, here, but you will have to figure out the tactics and action steps. That's why I refer to the process of adjusting your attitude as *hard work*.

Strategies for Type 1 (Negative)

As a Type 1, you have both a negative self-attitude and a negative others-attitude. Here are a few suggested strategies to implement:

1. Work on your self-attitude first. It is much easier to have a positive view of others when you have a positive view of yourself.

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2. Determine to not let your past dictate your future. Granted, there are long-lasting habits and beliefs you need to break away from, but if you can keep your eye on the goal of being a better person, you can do it.
3. To improve your self-attitude, adapt the traits and actions of the Column A list on pages 13 and 14 and the “A” statements on pages 16 through 19.
4. To improve your others-attitude, adapt the traits and actions of the Column C list on pages 14 and 15 and the “C” statements on pages 20 through 23.
5. Ask someone you trust and who knows you well to offer suggestions on ways to improve your attitude.

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6. Seek God's insight and guidance through the process.

Strategies for Type 2 (Insecure)

As a Type 2, you have a negative self-attitude and a positive others-attitude. Here are a few suggested strategies to implement:

1. Work on your self-attitude, and strive to maintain and even improve upon your others-attitude.
2. Determine to not let your past dictate your future. Granted, there are long-lasting habits and beliefs you need to break away from, but if you can keep your eye on the goal of being a better person, you can do it.
3. To improve your self-attitude, adapt the traits and actions of the Column A list on pages 13 and 14 and the "A" statements on pages 16 through 19.

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4. To affirm, strengthen, and maintain your others-attitude, embrace the traits and actions of the Column C list on pages 14 and 15 and the “C” statements on pages 20 through 23.
5. Ask someone you trust and who knows you well to offer suggestions on ways to improve your attitude.
6. Seek God’s insight and guidance through the process.

Strategies for Type 3 (Indifferent)

As a Type 3, you have a positive self-attitude and a negative others-attitude. Here are a few suggested strategies to implement:

1. Own up to the fact that you are self-centered. Admitting this is huge for your personal growth. While you may never have seen yourself as egocentric, coming to

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terms with it will move you forward.

2. Determine to not let your past dictate your future. Granted, there are long-lasting habits and beliefs you need to break away from, but if you can keep your eye on the goal of being a better person, you can do it.
7. To improve your others-attitude, adapt the traits and actions of the Column C list on pages 14 and 15 and the “C” statements on pages 20 through 23.
3. To affirm, strengthen, and maintain your self-attitude, adapt the traits and actions of the Column A list on pages 13 and 14 and the “A” statements on pages 16 through 19.

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4. Ask someone you trust and who knows you well to offer suggestions on ways to improve your attitude.
5. Seek God's insight and guidance through the process.

Strategies for Type 4 (Positive)

As a Type 4, you have both a positive self-attitude and a positive others-attitude. Here are a few suggested strategies to implement:

1. Beware of becoming proud. Acknowledging that you have an ideal attitude is pretty cool, but allowing your head to swell may actually change this! Remember, "Humility is that virtue that once you know you have it you cease to have it."

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2. To affirm, strengthen, and maintain your others-attitude, adapt the traits and actions of the Column C list on pages 14 and 15 and the “C” statements on pages 20 through 23.
3. To affirm, strengthen, and maintain your self-attitude, adapt the traits and actions of the Column A list on pages 13 and 14 and the “A” statements on pages 16 through 19.
4. Ask someone you trust and who knows you well to offer suggestions on ways to improve your attitude.
5. Seek God’s insight and guidance through the process.

ONE FINAL THOUGHT

There is one huge idea that I develop in the final chapter of *The Power of a*

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Positive Attitude that may be the single most impactful concept to change your overall attitude. I call it the *Holy Grail of Attitude*. Are you ready to know what it is? Drum roll, please....

You need to always have an attitude of gratitude

Wait! Before you claim to hear air rushing out of a deflated balloon, take time to grasp that statement. I am serious. If a person becomes truly- and I mean TRULY- grateful for their life as it currently is, regardless of health, wealth, relationships, or station in life, they will by virtue of that one single attitude, be a positive person. That's the power of a positive attitude.

The Power of a Positive Attitude



FLIGHT CHECKPOINTS

- ✓ Just as an Eagle is easily distinguished, others recognize my positive attitude and respond to me in an affirmative way.
- ✓ As an Eagle I don't worry about what others are doing; I take ownership of my life and soar above the storms.
- ✓ Because I soar above my circumstances, others notice me and want to fly along with me.
- ✓ I might be surrounded by prairie chickens who are content to be so, but I *choose* to be an Eagle.
- ✓ As an Eagle, I know I am responsible to encourage and inspire others to soar as high as they can.
- ✓ As an Eagle, I fly at the highest altitude, giving me a perspective that others do not have. I see where I need to go and have the power to get there.
- ✓ As an Eagle, I fly above the crosscurrents, making my flight easier, more graceful, and more enjoyable.
- ✓ I will fly along with you and even encourage you to fly higher, but if you drag me down, I will leave the flock and soar higher.
- ✓ I am a proud Eagle, but that pride is directed to the One Who created me and makes me what I am.
- ✓ I was born an Eagle. I watched other Eagles. I was taught to fly like an Eagle. But ultimately, it was I who chose to leave the nest, spread my wings, and soar like an Eagle.

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ABOUT THE AUTHOR

Greg Tyree, PhD, is founding Pastor of GracePointe Baptist Church in Madison Heights, Virginia, where he has served a dynamic congregation since 2005. He has also pastored in New Jersey and Pennsylvania. He is the author of several books, including: *My Own Life Focus*; *My Own Life Map*; *My Own Life Time*; *30 Days to a Better Marriage*; *How to Lead Someone to Christ*; *Growing in God's Word*; and *Forward-Focused Coaching and Counseling*. He has written field manuals, including *Operation: Ordination*; and *Helping You Discover Your Next Pastor*, and other useful resources and assessment tools that contribute to organizational, personal, and church health and growth. As a coach, he has developed several unique tools for life-enrichment, including *My-Own-Life-Focus™* and *The FORWARD Coaching Model™*. He is available for a limited number of conferences and seminars. Greg has been married to the love of his life, Lois, since 1983. They have two beautiful children, Lauren and Stephen.

For copies of resources, or to schedule coaching, seminars, conferences, or consultations, contact Greg at:

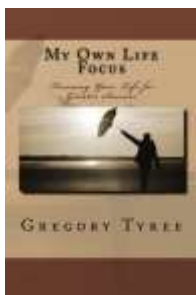
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Also by Greg Tyree



Your marriage is your most vital relationship, yet there are many challenges that seem to be pounding at your door, leaving you defeated, and your marriage precariously on the precipice of failure. But what if a few little things could make a big difference in your marriage? Can you squeeze in a few minutes a day for the next month? Are you willing to learn some new ideas and perhaps rediscover some old ones? If you are ready for a positive change, *30 Days to a Better Marriage* is for you.

This book grew out of a practical need of the author as a pastor and teacher. Over the years, many people have sought a simple resource that would help them understand the basics of Christianity, but Dr. Greg Tyree has found the available materials to be either too complex and cumbersome, or too elementary and shallow. Additionally, it is almost virtually impossible to find a book that presents a Baptist view that is not legalistic and controversial. "Growing in God's Word" answers these challenges with an insightful and useful work that puts the deeper teachings of Christianity on the lower shelf for all to benefit from.



Most people start out their adult lives with clarity of purpose and a sincere mission and vision for their future. In short, they set out to change the world. But something happens along the way. Life-focusing can be the one thing that can change all that. By stepping back and looking at our life anew, we can literally get back that drive and vision of our youth, and make a real impact for good. Contentment, a sense of significance, and true joy can be ours if we are willing to do the hard work of life-focusing. That's where this book, *My Own Life Focus*, comes in.

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Fly, Eagle, Fly!

