

## **Attitude is Everything**

It was a wise person that coined the phrase, "Attitude is everything." When it comes to dating, the attitude you have will not only carry you through a first date with flying colors, but will also affect the outcome of that date. Learning to cultivate a positive attitude about life will help you in many ways, when you enter into the dating world.

Take some simple steps to develop a positive attitude about yourself in the days before your first date. One purpose of a first date is to sell yourself and just as you would never sell a product you didn't believe in, you don't want to sell yourself to your date unless you believe that you have a lot of great qualities to offer. How you feel about yourself will come across in the way that you carry yourself, speak, and even in the things you choose to talk about.

The first step towards developing a positive self attitude is to think about all the things that you like about yourself. If it helps, you can even write down the qualities you are proud of and read over it a few times a day. Fill your list with all the wonderful qualities you can think of, even if they seem silly or trivial. You should list physical features, accolades, intellect, talents, and character traits. Remind yourself each day that you are a wonderful person and your date is going to enjoy meeting you.

When you believe that you have great things to offer someone, the people you come in contact with believe it too. Attitude is infectious. If you walk into your first date confident that you are someone worth dating, your date will see you that way. When you begin to realize that you are someone that is worth meeting, other people will take notice of you.

Your attitude can even make you look better. Studies show that the expression on a person's face can affect the way that the people around them perceive their looks. A beautiful woman with a sour expression might not seem as beautiful to many people as an average looking woman with a warm expression. A handsome man that has let their confidence turn into arrogance by sneering, might not be as attractive to women as an average looking man with a kind and considerate expression. Practice having a smile on your face. You will be surprised at the response you get when you smile at people.

While part of the purpose of a first date is to sell yourself, the date shouldn't be centered all on you. A first date is also about getting to know someone else and making them feel comfortable and welcome around you. Your attitude during the date will determine how much they enjoy being in your company.

Make a decision before you leave for your date that you are going to have a good time no matter what happens and you are going to do your best to

make sure that your date has a good time. Take the time to really listen to what your date says and you will find that your date finds you interesting as well. The most charming conversationalists are those that know how to listen and make a person feel that they are not only heard, but appreciated.

Your positive attitude during the date can also make a good impression. No matter what happens, keep a positive attitude. If the restaurant messes up your order, laugh about it. If you spill your drink, make a joke and smile it off. Look for good things to say about the decorations, menu, or music, even if good things are few and far between. People like to be around positive people, and if you can find good things, even in negative situations, you will leave a great impression on your date.

If you choose to have a positive attitude in the days leading up to your date, you will develop the confidence you need to show your date the wonderful person you are inside and out.