LEARN

SEVENTH MILE

What Is Positive Mental Attitude?

It's a life tenet, one of several revealed in each song and the messages behind Believe. Love. Build.

START · BELIEVE · LOVE · BUILD

START

Believe it first

You don't need certainty, just enough belief to take the next step. Decide before you can see it.

BLUEPRINT *Every battle's won before it's ever fought*

BELIEVE

Love the person within

Accept yourself, mistakes included, so your love can go out to others. Let go of the mistakes. Keep the lessons.

BLUEPRINT *Had to love the person within*

LOVE

Practice, then repeat

Nothing meaningful is built in a day, but it is built daily. Keep score by the measures that matter to you.

KEEP SCORE *Keep going, keep fighting*

BUILD

MILE 1

Start with what's handed down

The idea is about 2,500 years old. A general wrote that victory is prepared before the battle begins.

BLUEPRINT *Twenty-five hundred years*

MILE 2

BELIEVE

Choose how you think

A positive mental attitude is a decision about how you respond. Notice the negative thought, then choose a constructive next step.

IN PRACTICE *We don't control everything. We do control what we cultivate.*

MILE 3

MILE 4

LOVE

Let your people in

Nobody builds alone. Let in the people who see the best in you, and believe in you when you don't.

THE LUCKY ONE *She saw the man inside him long before he ever did*

MILE 5

MILE 6

BUILD

Build for someone else

Lead one: make one person's life better. A family, a company, a life. Then pass it on.

RED TEARS *The one you gave me, the one I'll leave behind*

MILE 7

NEVER STOP · FINISH STRONG · KEEP BUILDING

Three words, in order

Write them on a piece of paper. Keep it where you'll see it.

BELIEVE
The number one thing. Belief comes before everything else.

LOVE
The most important. It starts with yourself, so it can go out to others.

BUILD
Where the work comes in. Build yourself, and the people around you.

The story behind each mile

Ideas that keep coming back, handed down for 2,500 years. Now they're yours to build on.

Start with what's handed down

START

Nobody has to invent this. Sun Tzu taught that victory is prepared before the armies meet: the general who wins has planned, prepared and set the conditions first, and believes in the plan. Philosophers, teachers, coaches and parents have returned to versions of the same ideas ever since. We don't need a secret. We need to practice what we already know.

Believe it first

BELIEVE

Belief is the number one thing. You don't have to be certain; you need enough belief to take the next step, and then the next. If you want it to happen, you have to help make it happen. It's fantastic to dream, but you can't sit in your chair and wait.

Choose how you think

BELIEVE

A positive mental attitude isn't about avoiding hard times. It's how you respond to them. Negative thinking doesn't remove itself. Notice it, then choose your response: focus, discipline and a decision to keep moving forward. Focus is a choice, and so is perspective: each day, notice what's working and what you're grateful for. Setbacks are part of the process, not a deviation from it; resilience is forged through repetition. *"Positive thinking is a daily practice."*

Love the person within

LOVE

Love is the most important of the three. Get comfortable in your own skin. Accept yourself, mistakes included, so your love can go out to others. Forgive them; they're part of what got you here. Let go of the mistakes. Keep the lessons. Blueprint says it plainly: *"Had to love the person within."*

Let your people in

LOVE

Nobody builds alone. Sometimes someone else sees the best in you before you do. In The Lucky One, she still sees the farm kid and loves the man inside. Let those people in. Choose relationships that lift you, and keep healthy boundaries: what you allow in shapes what you get out. Make your minutes count.

Practice, then repeat

BUILD

This is where the work comes in. The more we do something, the better we get at it. Aristotle said we become builders by building. Define the goal, break it into steps and track your progress by the measures that matter to you, not anyone else's numbers: keeping score equals focus. Keep Score says it in four words: keep going, keep fighting. Consistency drives outcomes. *"Discipline compounds."*

Build for someone else

BUILD

You can be the architect of your future. Build yourself, but not just yourself: build the people around you. To lead is to lead one, to make one person's life better. Some losses can't be fixed by effort; Red Tears answers with love carried forward, the pride someone gave you and the one you'll leave behind. Never stop, finish strong, keep building, and pass it on: *"Passed forward hand to hand."*

HANDED DOWN: 2,500 YEARS OF IDEAS THAT KEEP COMING BACK

ABOUT 500 BC	**Sun Tzu, The Art of War.** Victory is prepared before the battle.
ANCIENT GREECE	**"Know thyself,"** carved at the temple of Apollo at Delphi.
ABOUT 340 BC	**Aristotle.** We become builders by building: good habits come from practice.
PROVERBS 23:7	**"For as he thinketh in his heart, so is he."**
ABOUT 170 AD	**Marcus Aurelius, Meditations.** The soul takes on the color of its thoughts.
1903 TO 1960	**James Allen, As a Man Thinketh (1903). Napoleon Hill, Think and Grow Rich (1937).** Hill and W. Clement Stone, Success Through a Positive Mental Attitude (1960), which made "positive mental attitude," or PMA, a household phrase.
TODAY	**A coach to an athlete. A parent to a child.** We don't control everything, but we do control what we cultivate. **What you cultivate shapes the outcome.**