

MINDSPARK

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"Confidence is the foundation of success. With resilience, determination, and a positive mindset, every challenge becomes an opportunity for growth. True strength comes from believing in yourself, staying focused on your goals, and facing the future with courage and optimism."

STRONG MINDS
Stronger Attitudes



DEPARTMENT OF ENGLISH LANGUAGE TEACHING
FACULTY OF AGRICULTURE
RAJARATA UNIVERSITY OF SRI LANKA

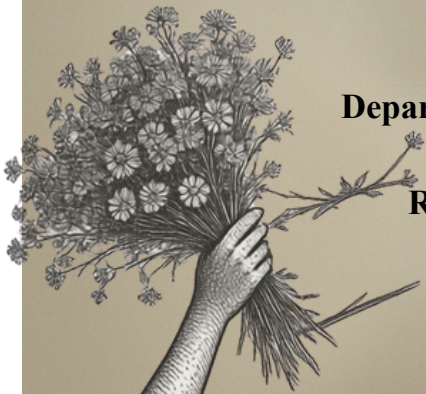
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MINDSPARK

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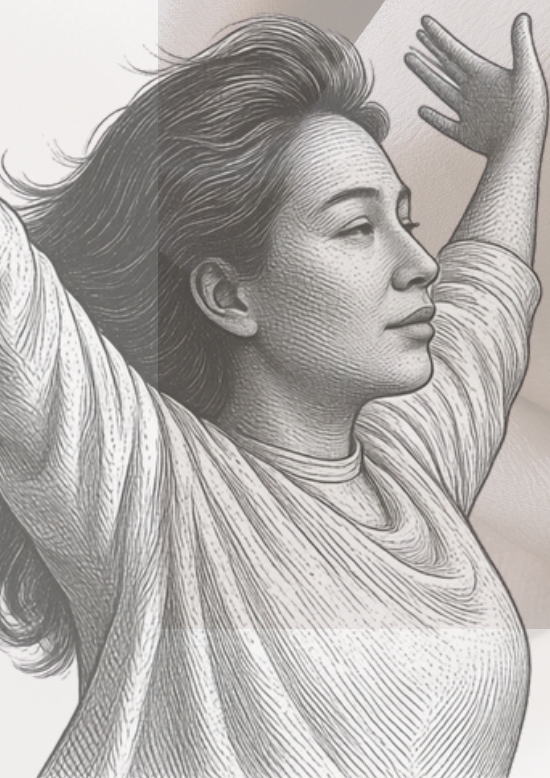
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MINDSPARK

IDEAS OUTLIVE EMPIRES

The First Creative Writing Magazine By

**Department of English Language
Teaching**

**Untold expressions of the students
and staff**

**Department of English Language Teaching
Rajarata University of Sri Lanka**

ATTITUDES

The essence of an individual's behavioral disposition is what we term "Attitude". It can be defined as a comprehensive pattern of verbal expressions and actions that naturally evolves from a person's inner thoughts. Attitudes bifurcate into either positive or negative, good or bad and their very nature exerts a profound influence, not only on the individual but upon the entirety of society.

Attitude is fundamentally comprised of three principal components: Feelings, Thoughts, and Actions. Feelings represent the personal, subjective evaluation the good or bad nature that arises within us regarding a particular object or situation. Thoughts are the mental processes that determine what we can do about that inherent good or bad perception. Finally, Actions constitute the whole set of activities that manifest through the chain of thoughts operating within the mind.

While it is suggested that a collection of feelings gives rise to personal attitudes, the stark reality is that an individual's posture and demeanor that bring these attitudes to the fore. In essence, a thought generated within the mind that spontaneously translates into an action is an attitude. Its most distinguishing feature is the way it flawlessly reflects the individual's true character to the outside world. Therefore, cultivating and maintaining beneficial attitudes is of paramount importance a crucial factor for the well-being of the individual and the greater community alike.

Constructive attitudes include patience, altruism, respect for nearly everyone, active listening to differing opinions, and trustworthiness. Conversely, destructive attitudes encompass vengeance, envy, anger, hatred, selfishness, greed, and hypocrisy. Through the adoption of positive attitudes, one can achieve personal development as well as the progress of the whole society. However, the proliferation of negative attitudes will only lead to the further deterioration of both the individual and society.

Today, the impact of personal attitudes on the success of any environment—be it family, school, society, or the workplace—is a widely discussed catalyst. This is predominantly due to the diverse news reports we witness and hear in the present era. With everything becoming increasingly technological, many people attempt to simplify all tasks by being confined to the phone screen. This shift has arguably caused a significant distancing in personal relationships within society, which critically impacts attitudes. This is because attitudes are actions that originate within individuals, and they are reflected only in the presence of another person. Hence, they can never be subjected to digitalization.

Therefore, ensuring we operate while maintaining only wholesome attitudes is essential for the prosperity of both ourselves and all others. It is a vital responsibility we must undertake.

Arguing is not good for you, so let the conflict cease,

Instead, embrace the calm and choose the path of peace.

Thoughtful is considering & paying attention, a crucial, quiet art,

To see the world with kindness living deep within your heart.

Tranquil, a kind of good deed done in every moment you perceive,

A gentle state of being that helps the soul believe.

Impatient must avoid, dude, that hasty, jarring sound,

For inner rest and clarity is nowhere to be found.

Understanding is the path of good behavior's strength for the soul to gain

' A quiet empathy that washes out the hurt and pain.

Devoting all the heart to charity is marvelous, a selfless, guiding light,

Giving freely of your spirit, making everything feel right.

Enthusiastic person makes a full person with joy and life's true spark,

Filling every passing moment and leaving a positive mark

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THE QUIET POWER INSIDE US

**"ATTITUDE IS A LITTLE THING THAT MAKES A BIG DIFFERENCE"
-WINSTON CHURCHILL-**

Attitude means, "The way of thinking, feeling or behaving of a person towards someone/something." An attitude might be positive like confident, enthusiastic, and optimistic and negative (resentful, critical, pessimistic) and also neutral (indifferent/unbiased). Attitude influences how we perceive and interact with the world around us including people, situations and challenges. Attitude plays a crucial role in shaping our experiences, relationships and overall well being. Attitude shapes perception. A positive attitude helps to see the opportunities while negative leads to pessimism. Positivity leads to proactive behaviour, while a negative attitude can lead to avoidance or procrastination.



Attitude can make or break relationships. The bright side of attitude can build trust, rapport, and strong relationships, while the dark side creates conflicts and distance among individuals. Attitude helps us to cope with challenges and setbacks. A positive attitude can foster resilience, while negative can make it harder to bounce back. Attitude can enhance the well-being too.

Cheerful attitudes can lead to greater happiness, life satisfactions and overall well-being also can lead to increased motivation, efforts and perseverance, ultimately leading to greater success. These attitudes can inspire others, creating a ripple effect of positivity. Encouragement can help reduce stress and anxiety, leading to a healthier and more balanced life. Attitude is important to shape our experience, relationships and overall well being. By cultivating positivity, it is possible to unlock our negative potentials, achieve greater success and live a more fulfilling life.

There are some factors that influence attitudes. Upbringing and family: family values, beliefs and attitude too can shape up individual's overall attitude. Environmental and cultural, personal experiences, education and knowledge, social interactions, media and advertising. Even though attitudes are positive or negative they show a significant impact on different areas of our life; strongly impact on success. Boosting the motivation and efforts can be done by attitudes and if it becomes positive, it will give a great outcome. Attitudes show the path of success through developing mental and physical wellbeing, increasing creativity, and improving relationships. The way that we look at the world, and the way that we respond to the challenges and opportunities can be shaped by attitudes through positivity. Also, it inspires others around us, and motivates us to persevere. Boost our wellbeing through a positive mind set.

UNDERSTANDING ATTITUDES



THE FOUNDATION OF HUMAN BEHAVIOR

According to psychology, an attitude is described as "a set of emotions, beliefs, and behaviors towards a particular object, person, thing, or event". Attitudes determine how we learn, how we maintain relationships within the community, and how we approach challenges. In a university context, students have to face rigorous academic demands and personal transitions, which deeply impact not only their achievements but also the experiences of those around them.

Attitude is a settled way of thinking or feeling about someone or something, often reflected in behavior. Psychologists have explained, cognitive, affective, and behavioral as the three main components of human attitudes. The cognitive component is one's perception, ideas, and beliefs about a certain matter, and the affective component reflects the feelings and emotions, while the behavioral components simplify how an individual responds to someone or something. It can be either a verbal or a physical response. For instance, a student thinks that mathematics is too difficult and science is beyond his abilities (cognitive), and his anxiety boosts before the math exam (affective). So, he has the habit of procrastinating his mathematics studies and continues his science studies daily (behavior). Simply, this exemplifies how attitudes manifest in daily life.



On the other hand, attitudes are more variable than one's personality. Personal experiences, peer influences, and social values can interfere with someone's attitudes. Basically, personality is a combination of traits and characteristics that make an individual unique from others. The personality of a person is relatively stable and enduring, which means it doesn't change easily, while an attitude of the same person is more flexible and situational, and it can change with new experiences within minutes. If we dive more, imagine there is a university student named Alex, who is a naturally introverted and calm student. And it's a part of his personality. However, he had a negative attitude towards peer projects because he thought they were a waste of time and not productive. After one positive experience where his group worked well and got high marks, his attitude changed, and he began to enjoy group work. Even though his personality stayed the same, his attitudes towards group projects changed.

A positive attitude is one of the most powerful qualities an individual can develop. It defines how we face challenges, interact with others, and approach opportunities. When someone manifests positivity, they are more likely to stay motivated, handle everything without stress, and find solutions rather than worrying over problems.

In a student's life, those who are with open and inclusive attitudes are more likely to contribute ideas, help peers, and build long-lasting friendships. The academic staff and others in a university value students who demonstrate proactive, can-do attitudes. One who approaches tasks with enthusiasm and takes initiative often receives leadership opportunities and positive recommendations. Besides, a positive attitude also supports better health and well-being of a university student, as university life's stressors become manageable challenges rather than overwhelming threats.

Negative attitudes, on the other hand, are a mindset characterized by pessimism, doubt, and resistance to change. People with negative attitudes often focus on problems rather than solutions and tend to expect failure instead of success. Basically, negativity limits personal growth and affects both performance and relationships.



Common negative attitudes encountered among students include skepticism about group work, resistance to institutional rules, or indifference toward personal development programs. These negative attitudes can develop from previous negative experiences, peer pressure, or unmet expectations. For a student, these negative attitudes can be very damaging. For instance, if a student believes that "there is no point in studying, I always get low grades", this poor mindset reduces motivation and effort, leading to what he expected. So, these negative attitudes affect mental well-being and will be a barrier to personal growth.



Attitudes do not form overnight. Personal experiences, social influence, learning and conditioning, and some cultural factors like traditions and norms form attitudes. Also, attitudes are not permanent; they can change when new information or experience challenges existing beliefs. Communication, new experiences, and group influence can change a person's attitudes.

A role model can influence either the formation of an individual's attitudes or a change in their attitudes. People develop attitudes similar to those they admire or aspire to emulate. A student who admires a lecturer who is passionate about research may develop a positive attitude towards conducting research themselves. Role models often inspire emotional reactions such as admiration, trust, or inspiration. These emotions make the student more open to adopting the role model's attitudes.

Moving on, especially university students can develop and reinforce positive attitudes through intentional strategies by practicing self-reflection to identify unhelpful thinking patterns, seeking diverse social groups to broaden perspectives, embracing failure as a learning opportunity, not endpoints, participating in activities that promote mutual support and community engagement, and challenging assumptions through debate and open discussion. Over time, these habits shift current attitudes in ways that fuel academic achievements, career success, and personal satisfaction.

In contrast, attitudes are the unseen forces that shape every aspect of university life and beyond. They influence how an individual approaches learning, interacts with others, and overcomes barriers. By cultivating positive and open attitudes, students not only enhance their academic performance but also can enjoy their time at university. Constructing positive and open-minded attitudes today lays a strong foundation for personal fulfilment and meaningful contributions to society one day. Embracing this mindset empowers students to turn challenges into opportunities.



Re-examining Mobile Phone Use in the Classroom

A CALL FOR STUDENTS TO CHANGE THEIR ATTITUDES



Mobile phones are now essential tools for students at a time when technology touches every aspect of daily life. Smartphones are essential in modern education because they allow users to access digital libraries and participate in virtual classrooms. However, concerns about their abuse and overuse, particularly during school hours are still growing.

International studies clarify the scope of the problem. According to the National Center for Education Statistics (2025), 77% of public schools in the United States have imposed policies in place to restrict the use of phones in the classroom. A separate study published in JAMA Network Open in 2024 revealed that American students spend an average of 58.4 minutes per school day on mobile phones, with over 80% of that time dedicated to social media.

Nowadays, Sri Lanka too exhibits a comparable trend. According to a study of A/L students in 2023 in Colombo, 60.4% of them spend more than two hours a day on their phones, and 99.7% of them use them frequently. According to another study, university students who used mobile phones for an average of 5.3 hours per weekday reported the lowest quality-of-life scores.

Although the data raises valid concerns, outright mobile phone bans might not be the best course of action. Experts stress the importance of changing attitudes to encourage responsible use. Students need to be taught how to use smartphones as teaching tools rather than just as distractions. Healthy usage habits can be promoted by organized digital literacy programs and school-wide awareness campaigns.

In conclusion, mobile phones in the classroom are neither intrinsically good nor bad; rather, their influence depends on the user's attitude and discipline. To make sure that mobile technology becomes a tool for learning rather than a barrier to it, a change in student attitudes that is encouraged by institutions and educators is important.

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Rooted in Strength

The Power of Attitude

In winds that howl and storms that break,

A quiet strength we choose to take.

Not every day will bloom with light,

But attitude can guide the night.

A seed once sown in silent ground,

With patience waits, though none around.

It does not curse the rain or sun,

It grows with both, till strength is won.

When failure knocks and shadows stay,

A hopeful heart will find a way.

For mountains move not by mere might,

But by belief in rising right.

No crown is forged from ease or rest,

But from the fire inside our chest.

We rise or fall by how we see-

The world begins inside of me.

So wear your smile like armor true,

Let purpose shape the path for you.

With every fall, begin anew,

A stronger self is breaking through.

Be not the echo, be the voice,

Let calmness and courage mark your choice.

In trials, hold your head up high—

Your attitude will help you fly.



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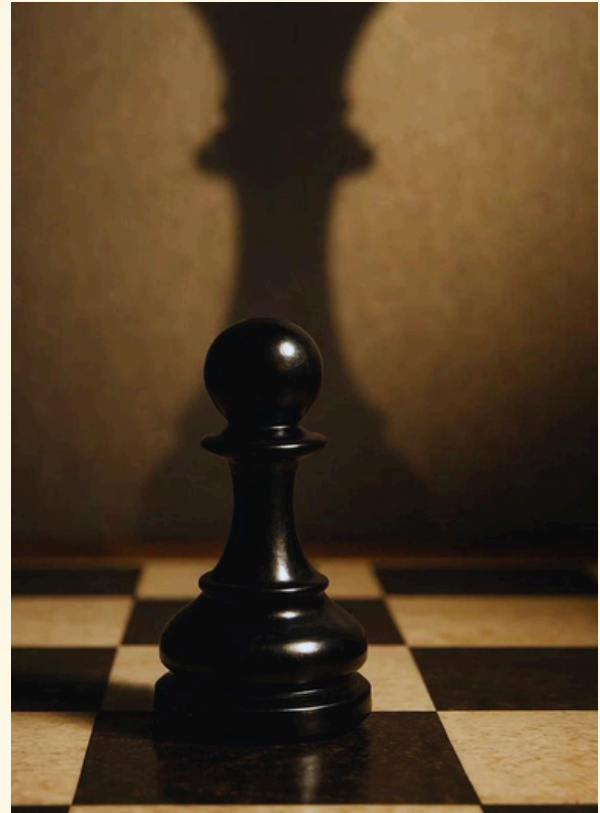
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ATTITUDE IS EVERYTHING

Indeed, attitude is everything. Attitude beautifies our life, but the fact is that we must have good attitudes. It may be towards our own life, profession, people, situations etc. Attitudes typically develop within us. But, on the other hand, when we grow up little by little, we can ourselves change our own attitudes in a positive way. Almost all the time, we must think in a favorable manner that is comfortable for us as well as for others. In life, we may come up with different challenges and situations. In those situations, if we have good attitudes, we can easily and smoothly achieve success. Not only that, we may have to overcome different sorts of failures.

I also had such failures in my life. During those situations, what I mainly changed is my attitude, no matter what others think or say, no matter how they criticize you, if you have good attitudes despite negative and meaningless ones you can achieve your goals. If you can change your attitude, you will for sure change even your destiny and that is the most important factor. Just imagine if you come up with failures, it doesn't matter, that is the nature of life but what matters is your attitude. If you already have good attitudes, you will surely win. In my point of view,

Attitude is just like a paint brush that colors our life, but it depends on the nature of the painter because he or she can paint it either in a pleasant or in an unpleasant way. So, what is most important is that always we must plant good thoughts in our mind. Our mind should be free from others' opinions, ideas and meaningless conversations. It should be full of love, affection, kindness and with patience.



We do not really want to set limits in our life. We all can love at our level best not just for our family and friends but for each and every person we meet in our daily life, sometimes it may be a question how we can do that. We can speak nicely with them and also if they need some help from us. We can help them at our level best. We all are human beings, no matter what our race is, what our caste is and what our religion is, our profession may be different from one another, but Afterall we all are under the warmth of this mother nature and nobody in the world can exceed that level. In the same way we should understand the reality of life, then it will be much easier to have a happy and a peaceful life which is full of good attitudes. We can spread our kindness throughout the world, because these are the factors we really need

Nowadays, almost all the time, we pursue over money, then we would miss all the lovely and soft things in our precious life. Of course, we need money but more than that we need love and affection as fellow human beings. Further, our attitude is the melody of our heart. Just think of our heart, it is not just to pump blood throughout our body but it also pumps attitudes as well. So, that is why we need to have a pure and genuine heart full of good attitudes. Therefore, we need to plant good thoughts in our mind and as a result our heart will also overpour with full of beautiful attitudes. From this our inner peace will come effortlessly.

In life we have to deal with different types of people with different attitudes. No matter how they treat you and how they speak with you. Just treat all of them with your level best. For example, simply think about our signature, it is almost unique to each person. In the same way, just let our attitude be our second signature. Also, I want to highlight how to achieve success with the right attitude. As young generation we are all eager to be successful and that is our ultimate goal in life. Success is almost described as a result of hard work, determination and talent, but our attitude is the secret key to our success. First of all, we should have a strong and positive attitude towards our life.

Our life is really a blessing with full of opportunities. We all know that challenges are unavoidable, but we should be able to respond to them with courage, then only we can achieve our goals. So, for that we must have good and clear mindset. On the other hand, self-discipline is one of the most important attitude that we should develop in our life.

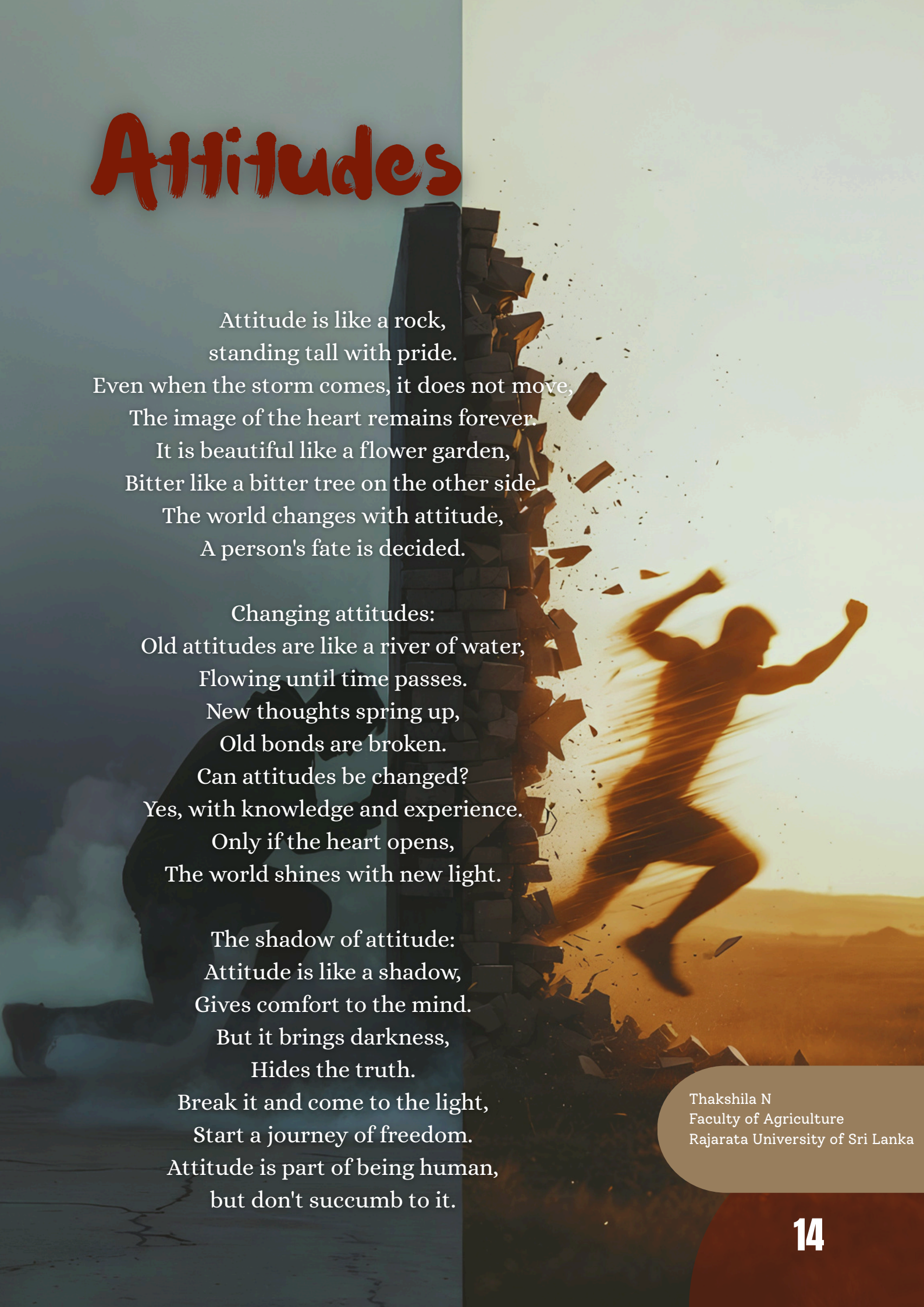
Success does not really happen by luck or overnight. It is a collection of little steps, repeated efforts, big mistakes and also nights full of hard work. Overtime, these little steps we have taken together with each and everyday compound lead to a massive result. And also, gratitude is also one of the powerful attitude that we should grow in our hearts.

We must always be grateful for what we have and sometimes we miss it. We have no idea or value about what we already have and we always try to achieve so many things. In fact, it is fine to achieve things but before that we should be grateful for the things we have. We should start each and every day with a grateful heart and spend the day very meaningfully because time is very valuable.

We have to enjoy our life to the fullest with right attitudes. Not only that, but also we have the ability to make the maximum use of this great life. Finally, I believe that we can achieve anything with the right attitude.



Attitudes



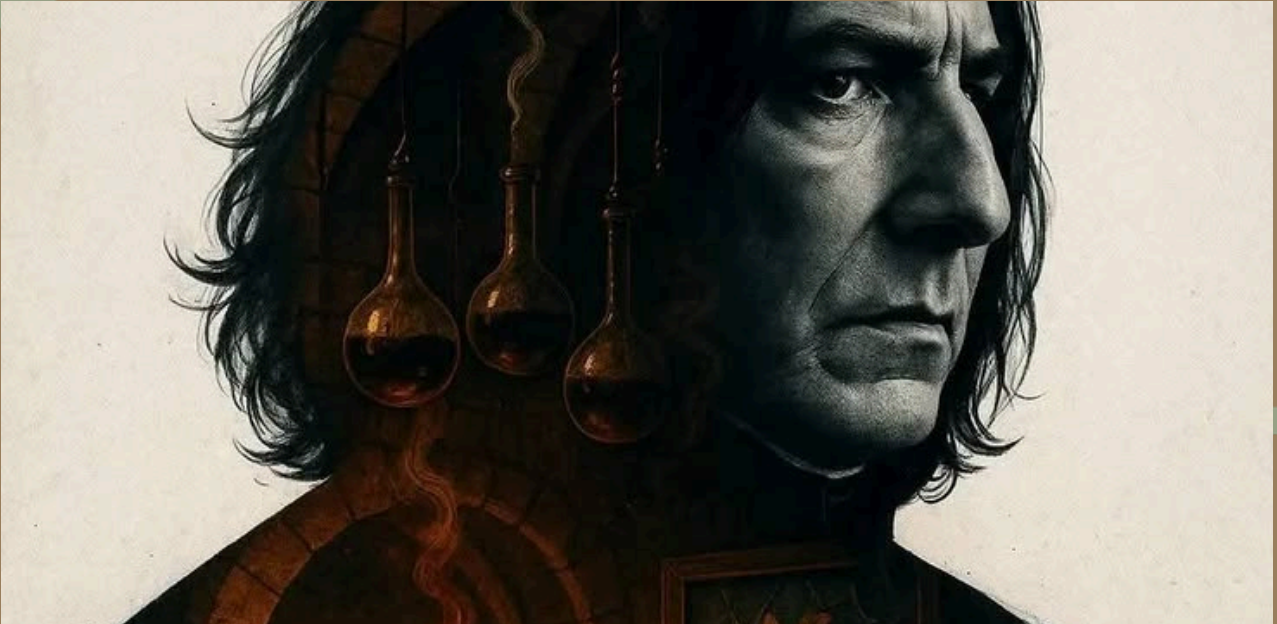
Attitude is like a rock,
standing tall with pride.
Even when the storm comes, it does not move,
The image of the heart remains forever.
It is beautiful like a flower garden,
Bitter like a bitter tree on the other side.
The world changes with attitude,
A person's fate is decided.

Changing attitudes:
Old attitudes are like a river of water,
Flowing until time passes.
New thoughts spring up,
Old bonds are broken.
Can attitudes be changed?
Yes, with knowledge and experience.
Only if the heart opens,
The world shines with new light.

The shadow of attitude:
Attitude is like a shadow,
Gives comfort to the mind.
But it brings darkness,
Hides the truth.
Break it and come to the light,
Start a journey of freedom.
Attitude is part of being human,
but don't succumb to it.

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THE CAUSTIC MASK HIDING PROFOUND LOYALTY



Severus Snape,
Who taught the world with a glacial sneer
And gave an acid retort for every innocent titter
Disdainful look as a caustic reagent, stirred and bright
Designed to burn the curious back from the light

That shield of pride, that deliberate scorn
The only perfect lie his spirit could have worn
A necessary dampener charm against the gaze
To hide the unbreakable vow made on his darkest days

Yet, the deepest cauldron held the pure, distilled soul
With the genuine love hidden beneath, which always glowed
Stored deep within a silver hind ran true and fast
A Patronus found from a love that held and lasted
For Lily

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The Garden We Carry Inside: Cultivating the Climate of the Heart

As students, we share sacred knowledge: we understand the language of the earth. We are fluent in the grammar of growth. We know that soil isn't just dirt; it's a complex, living membrane. We know the seed is compact, silent. And, we know that the simple act of tending to a plot of land is perhaps the oldest, most honest form of hope. We spend long hours on our textbooks and on the fields, mastering the visible world, the pH levels, the irrigation cycles and the genetic markers. Yet, there is a field closer to home, a patch of ground that demands our most rigorous and most heartfelt attention: the soil of our own mind.

I have come to realize that our attitude is this internal soil. It is the invisible landscape that determines whether the seeds of opportunity that life throws at us will flourish or simply rot. Think of our current reality: the pressure cooker of university life. It is a constant barrage of external weather. We face the scorching heat of a looming final exam, the cold snap of homesickness, the unexpected hail of a broken relationship, or the constant, dreary drizzle of financial strain. These external conditions and the weather are beyond our control. This is the truth of our human experience, the realism we must accept. But our attitude is not the weather; it is the climate we choose to cultivate within. And cultivating this climate is the deepest form of self-care.

We often observe two types of internal climates around us. First, there is the climate of the barren soul. These are the people whose soil is compacted, and hardened by past disappointments and cynicism. When the rain of a compliment or an exciting idea falls on them, it just runs right off, failing to penetrate the surface. They are stuck in a cycle of fixed mindset: "I'll never be good enough," "Why bother trying?" Their inner world is a desert, and as we know from our studies, a desert is often created not by a lack of rain, but by a lack of care. When the soil loses its capacity to hold moisture, no amount of external watering can save it. This is the tragic consequence of neglected attitude.

Then, there are the resilient gardens. These are the souls who, despite the very same external storms, somehow manage to stay green. They are not perpetually happy; they are simply resourceful. They have mastered the art of composting. As students, we produce a lot of waste—failed attempts, criticisms, emotional exhaustion. This "waste" can be poisonous if left to fester, creating the stench of bitterness and resentment. But the resilient soul takes this very waste and, through the alchemy of reflection and acceptance, turns it into nutrient-rich compost. That painful failure on the mid-term? It becomes the fuel for a new study strategy. But the resilient soul takes this very waste and, through the alchemy of reflection and acceptance, turns it into nutrient-rich compost.

That painful failure on the mid-term? It becomes the fuel for a new study strategy. But the resilient soul takes this very waste and, through the alchemy of reflection and acceptance, turns it into nutrient-rich compost. That painful failure on the mid-term? It becomes the fuel for a new study strategy. The hurt from a friend's betrayal? It becomes the clarity needed to fortify emotional boundaries. They embody the profound saying, "Pain is inevitable, but suffering is optional." They choose to use the pain as material for growth, refusing to let it become the cause of endless suffering.

This deep cultivation requires two essential acts, much like farming itself. The first act is weeding. Weeds are the small, insidious thoughts that steal the light and water intended for our aspirations. The comparison we make between ourselves and a high-achieving peer is the nagging voice of self-doubt. These thoughts are often the first to sprout, and if left unchecked, they can choke out the tender shoots of confidence and curiosity. Weeding is the daily practice of self-awareness, the simple, honest question: "Does this thought help me grow, or does it merely steal my energy?" Weeding is difficult: dirty work, requiring us to get down into the grime of our own fears. But, it is essential for a garden consumed by weeds will never yield a harvest.

The second, and perhaps the most vital act is planting with intention. We must deliberately sow seeds of gratitude and curiosity. Gratitude is the miracle fertilizer; it shifts our focus from what we lack to the abundance that surrounds us. Curiosity is the spirit of exploration. When facing a hurdle, an attitude of curiosity doesn't ask, "Why did this happen to me?" It asks, "What can I learn from this? What can I discover next?" Curiosity transforms a setback into research project, turning frustration into engagement.

The true beauty of tending this inner garden is its cyclical nature. We cannot expect permanent spring. We will inevitably face fallow periods of rest, quietness, and even deep sadness. In agriculture, fallowing is not failure; it is wisdom. The land is allowed to rest and replenish its nutrients, ensuring the next season is even stronger. As students, we must grant ourselves the same grace. We cannot be in bloom all the time. Our fallow periods are when we heal, when we process our griefs, and when we silently rebuild our emotional reserves. An attitude of harsh perfectionism refuses this rest, leading to burnout. An attitude of grace embraces it, knowing that "Rest is not weakness; it is part of the work."

When our attitude is strong, it creates the greatest protective factor a human can possess: resilience. Resilience is not about avoiding fall; it is about knowing how to land softly and how to spring back up, strengthened by the impact. The harvest we ultimately gather from this inner work will not be measured in bushels of grain or final percentage points, but in the enduring character of our heart. It is a harvest of empathy, patience, wisdom, and genuine, unwavering hope.

So, let us carry our expertise beyond the fields. Let us treat our own minds with the profound respect and care we reserve for the land. Let us be patient with our seasons, diligent with our weeding, and always planting seeds of something beautiful. As, when our inner climate is strong, we become capable of sustaining life—not just our own, but the lives of everyone around us—even in the fiercest storm.

How Attitudes Affect Society

“ If you look the right way, you can see that the whole world is a garden.” Have you ever heard this saying, or have you ever tried to seek the depth of this saying? Life has no predetermined moments. If you can observe things with a clear mindset, you can realize the hidden pattern in every circumstance. What does a ‘clear mindset’ mean? Simply, it is another way of expressing attitudes. The way we think reflects our attitudes. Attitudes are based on a person’s pattern of thinking which is influenced by their experiences and knowledge. Realizing the impact of attitudes on society is one of the major challenges we face as members of this community.



A society is a collection of systems that has the potential to change the direction of a country or a nation in a prosperous way. Society depends on systems such as economic, cultural, political, educational, and social. The most essential part is understanding the role that attitudes play in these systems. Changing the mindset in a productive way is a significant step toward creating a massive impact on society as individuals. A society is a place where we can experience cultural, educational, and social diversity together. Accepting all these differences within one nation can lead our society in a positive direction. The well-being of our society is completely based on how we manage these situations and how we respond to them.

Attitudes can be categorized as positive or negative, which can either strengthen our potential or become a barrier to our confidence. When we observe the history of the global community, we can see that some people chose to respond to certain situations in a tragic way. Without accepting those global situations with sympathy, some parties acted based on attitudes filled with darkness. As a result of those actions, history was led into world wars. The history of world conflicts has created unforgettable lamentations that last forever. These are the best examples of negative attitudes that are reflected in the experiences of our history. The most important thing is to ask ourselves whether we can shape our lives based on the lessons that history has taught us.

Everyone has a social responsibility to make their own contribution towards making our society more advanced and secure. Unfortunately, most of our people do not have adequate social awareness to understand their social responsibilities. Considering this fact, where should we begin this change in our society? Cultivating positive attitudes among our children and younger generations is fundamental, as they are the future of our nation. Parents, teachers, leaders, educators, and experts must play a significant role in cultivating positive attitudes and social awareness.

Empowering the upcoming generations with the importance of having a positive mindset is the best investment in a better future. The foundation of this guidance should begin with the household. Every parent has a major responsibility to nurture their children with good qualities and a positive mindset. Households, schools, institutions, clubs, and universities are the ideal places where we can cultivate positive attitudes while interacting within different groups of society. Interacting with different social groups in society helps to develop valuable qualities such as kindness, sympathy, teamwork, and positivity.

How can we begin to change our mindset in a positive way? Attitude is the mindset. Cultivating a positive self-attitude is one of the most effective ways to fulfill our social responsibilities as responsible citizens. Self-attitude is the key step in improving the practice of thinking positively about yourself. This practice also leads you to think about others and different situations in a positive way. Attitudes can make a huge impact on our behavior patterns. When we train our minds to see the positives in every situation, we begin to notice the opportunities waiting for us. Despite all the differences, being united as a nation filled with positivity is one of the most powerful forces against negative attitudes and obstacles. It can guide us to build a positive and advanced society.



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ATTITUDE

There are hundreds of millions of people living in the world, and each person carries different attitudes when facing various situations and playing different roles in life. Good attitudes help shape a complete individual with a strong and admirable personality. Every person should cultivate positive attitudes to achieve success in the different stages of life: childhood, school life, university years, marriage and adulthood. Indeed, attitudes are one of the most important qualities for living peacefully and meaningfully in society. There are several attitudes that can truly make a person good. First, everyone should have love for nature and animals, because Mother Nature provides us with air to breathe, food to eat, and everything essential for our survival. Animals, too, bring us comfort, relaxation, and happiness. Therefore, protecting nature and animals is not only an attitude but also a responsibility.

In addition, we all should uphold humanity when living among others. Qualities such as kindness, honesty, loyalty, love, understanding and trust are essential. I believe humanity is one of the most important values a person can have. When people understand and trust one another, they create a calm, peaceful, and beautiful environment around them. Not only that, but we should also maintain good attitudes toward our parents, siblings, neighbors, bosses, customers, officers, and colleagues in order to build a better livelihood and a successful career life. Respect, cooperation, and understanding help create strong relationships in every part of our daily living.

However, today we can see that some people do not carry good attitudes at all. They work without positive values and end up harming society. They damage the environment and destroy forest cover without even thinking about how it affects the very air they breathe. Also, they don't respect each other in society and it creates many problems. Most of the People live with mobile phones and inside the internet. So, they don't know how to live with people and nature.

Finally, I think attitudes are very much important for each other to live peacefully in the world. Good attitudes can make a successful person with humanity. Furthermore, people who have perfect attitudes can make better relationships with humans and environment. Attitudes occur from personal experiences of people, situations, objects and ideologies.

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Youth Attitudes and the Future Society

Attitude is the broader topic which includes person's beliefs, emotional responses and behavioral tendencies with the set of feelings and ideas, towards a particular idea, situation or the group. When it comes to the youth, attitudes are a powerful force that shapes the present and the future society. Their beliefs, emotions and behaviors influence not only their own generation but also the direction in which world moves. Simply, it shapes how individuals respond to the world around them and it can vary across many areas such as social, political engagement, and personal goals also. And also, the youth attitudes are most energetic, adaptable and impressionable segment of the whole population that can play a crucial role in determining the future path of the society.

Youth can be defined as the future leaders of the world and they can be act as the entrepreneurs, voters and decision makers. So, youth can play a vital role inside the society. They have more energetic, innovative ideas and they are considered as the most active part of the population. So, they can contribute to economic development, social change that builds the whole nation.

The attitudes are not fixed and can change due to the various reasons such as individual experiences, education system, social conditions, technology and some cultural values. Women entrepreneurs can be defined as the most common example for attitude changing because in the past, most parents gave their attention only to the education of the men and job opportunities. But, now it changes and most of the women engage in different kinds of jobs. And also, as society evolves, youth begin to question old beliefs and they adopt new ways of thinking. On the other hand, media play a big role in shaping and changing these views.

Attitudes can play a strong role in the society both in positive and negative ways. Positive attitudes like cooperation, respect and tolerance, peace, unity and open-mindedness can build healthier and more inclusive communities in the society. And also, negative attitudes like prejudice, selfishness and discrimination can led to division, conflicts and inequality because attitudes help shape people's interactions, problem solving abilities and build up relationships. So, changing attitudes over time can change how society functions and develops.

The shaping of the positive attitudes among the individuals in the younger generation will play a crucial role for a better society. So, when we talk about the youth attitudes, education is the most critical factor that requires the guidance for the proper higher education with a focus on the different cultures and different languages. For example, today people face lots of challenges such as climate change, inequality, pandemics like Covid 19 and cybercrimes and it is essential to foster values such as empathy, adaptability and responsibility. Education, social influence and leadership must focus on encouraging attitudes that support collaboration, innovation, and inclusivity. If future generations adopt progressive mindsets, society will be more resilient, united and capable of sustainable development. Moreover, there are some internationally conducted surveys showing that young adults are more optimistic about the future rather than their elders. So, these differences are apparent in attitudes towards the future of the society in the world. A country's youth generation normally can be defined as the hope of the Tomorrow's world because their thoughts are filled with the patriotism, diversification and mutual affection aligned with the hope of the development. Today, it is very difficult to address different social problems without considering youth generation and their perspectives because youth are the creative and innovative energy of the society. The mindset of today's youth holds the seeds of tomorrow's world.



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ATTITUDE

Like flowers that are carefully cultivated in a
garden of the mind,
Attitude is created silently
Like the wonder of life.
Like a ray of sunshine,
A dark day shines,
Where there are good thoughts,
A shower of happiness falls.
If thorns grow inside bad hearts,
A heart without affection does not bloom.
Even if it is a river of sorrow,
you can find a way,
If you have a strong attitude,
You can win.
We see the world as our mind sees it,
It explains every secret of life.
Like a wind,
It moves unseen,
But it changes and turns life around.
The spring of happiness blooms in the heart,
Life smiles with a good attitude.
So, let's purify our minds and cultivate
a flower garden.

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THE ATTITUDE OF GRATITUDE

In the world that often moves fast and demands even faster results, one simple yet powerful habit is slowly being forgotten. It is gratitude. Being grateful is more than just saying “thank you.” It is a way of thinking, feeling, and viewing the world that has the power to change our thoughts, feelings and interactions with other people. Being grateful has the power to uplift people’s spirits, heal relationships, and enhance mental health. However, in today’s society, appreciation becomes less common despite its huge benefits. Many people go through their daily lives without stopping to be grateful to others for the efforts others make on their behalf, for their blessings or for their kindness. This article focuses on the importance of gratitude, its impact on people and communities, and the necessity of encouraging this attitude in our fast-paced society.

Gratitude plays a crucial role in personal happiness. Modern physiology has repeatedly proven that people who regularly practice gratitude experience lower levels of stress and higher levels of emotional well-being. When we appreciate the good things in our lives, no matter how small they may be, we shift our focus away from negativity. Therefore, we become more aware of opportunities and source of joy. For example, something as simple as appreciating supportive friend can bring moment of joy that brighten an entire day. Gratitude can change the way we interpret our experiences. It never removes difficulties, but it strengthens our ability to cope with them. People who adopt an attitude of gratitude are better able to maintain their optimism in the face of difficulties because they learn to see that every challenge can offer opportunities or lessons.



Moreover, gratitude deeply influences physical health of human. Studies found that grateful individuals tend to sleep better, and cause to normal blood pressure, and maintain strong immune system, because, the attitude of gratitude reduce stress hormones and increase positive emotions. The body reacts healthier when the mind is at peace and satisfied. Thus, being grateful is a kind of self-care that benefits the body and the mind, not just a moral virtue.



Gratitude also important in the workplace. Workers who feel appreciated of their effort frequently exhibit higher levels of loyalty, creativity and productivity. Unfortunately, a lot of organizations fail to understand the importance of gratitude. Without appreciation, the workplace becomes stressful, competitive and difficult. Even small gratitude such as saying thank you, can create a positive environment. When the gratitude becomes part of a workplace culture, employees feel more confidence and enthusiastic which directly contributes to the success of the organization.

Gratitude also plays a major role in creating healthy communities and societies. When people understand each other's roles, communities grow stronger. Numerous people silently contribute to daily life, including farmers, teachers, doctors, cleaners, transportation workers and many more. A society that values these people becomes more united, respectful and responsible. On the other hand, selfishness and disunion increase in the absence of appreciation. Gratitude inspires us to recognize the worth in every individual, regardless of their occupation or social status. It reminds us that nobody succeeds by themselves and encourages humanity. Every achievement depends on a support system that includes friends, family public services and neighbors.

Another important advantage of gratitude is that it reduces conflict. People who feel undervalued frequently feel angry, jealous and resentful. By encouraging empathy and understanding gratitude reduce these negative feelings. When people are grateful to others, people are less likely to judge them harshly or misunderstand their intentions. This change in the mindset can improve friendship, lessen conflicts and encourage forgiveness. Gratitude allows people to focus on good in others and assist them in moving beyond minor conflicts while strengthening the relationships.

In addition to its emotional and social value, gratitude helps to build up personal growth. Instead of seeing setbacks as failures, they see them as chances to grow. For example, a student is more driven to learn and grow if they value their family's support and their teachers' advice. Similarly, someone who appreciates challenges will view them as opportunities rather roadblocks.

Another powerful aspect of gratitude is its ability to inspire positive actions. People are more inclined to be volunteers, assist others and give back to their communities when they feel valued. Gratitude create a cycle of kindness. When someone receives appreciation, they often pass it forward. This has a ripple effect that has the power to change entire communities. A small act of gratitude can start a positive chain reaction by motivating others to act kindly toward others.



In modern world, gratitude is frequently disregarded despite its numerous advantages. Fast paced lives, digital distractions, and frequent comparing on social media make it simple to lose sight of how important it is to be grateful for what we already have. People start to feel unhappy with their own lives as they scroll through pictures of other people's successes, lifestyles and belongings. Gratitude is destroyed by this habit of comparison. People tend to focus on their weaknesses rather than their strengths. It takes conscious effort to break this cycle. Even in stressful situations, one must consciously choose to acknowledge and appreciate life's positive aspects.

Grand gestures are not necessary to cultivate gratitude. It starts with simple everyday routines like writing down our blessings, thanking people around us, or just taking a moment to enjoy the little things in life. These small acts can eventually change a person's perspective and lead to a lasting happiness.

Grand gestures are not necessary to cultivate gratitude. It starts with simple everyday routines like writing down our blessings, thanking people around us, or just taking a moment to enjoy the little things in life. These small acts can eventually change a person's perspective and lead to a lasting happiness.

To sum up, having an attitude of gratitude is a powerful tool that can improve relationships, transform people, and build stronger communities. It offers happiness, peace, resilience, and deep connections. In a society that frequently encourages competition and unhappiness, gratitude serves as a reminder of incomplete beauty of daily life. It teaches us to value every experience, cherish the people in our lives, and be grateful for what we have. A positive mind is produced by a thankful heart, and a better world is produced by a positive mind. The more, people express their appreciation, the more people discover something to be thankful for.



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MINDSPARK

"CONFIDENCE IS THE FOUNDATION OF SUCCESS. WITH RESILIENCE, DETERMINATION, AND A POSITIVE MINDSET, EVERY CHALLENGE BECOMES AN OPPORTUNITY FOR GROWTH. TRUE STRENGTH COMES FROM BELIEVING IN YOURSELF, STAYING FOCUSED ON YOUR GOALS, AND FACING THE FUTURE WITH COURAGE AND OPTIMISM."

