

# Attitude is Everything

By Barry Shiohita, CFO

No matter your age or physical condition, I truly believe that attitude is everything when it comes to living a healthy lifestyle. I often hear people complain about how out of shape they are, but I don't see them doing anything about it. There's something you can do today without even getting off the couch, and that is changing your attitude about getting healthy.

I remember when we held our first Mudsport event, and a guy named Richard said he was going to run/walk the course. Knowing how challenging the course was designed to be, a few of us stayed with him as he walked the course and attempted the obstacles. At the river, Richard's family drove out to the overlook and cheered him on as he marched through the sand. Richard was the last one to finish that day and as he hit the finish line, he raised his

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arms in victory. He was completely exhausted, but the smile on his face was priceless. Fast forward five years—he's still plugging away, but now he's like Lee Majors, the Six Million Dollar Man – stronger, faster, and ready to achieve.

A similar story played out at this year's Mudsport event. The very last group

of women crossed the finish line as one unit, arms linked together and marching in step. One of the older ladies who was carrying a few extra pounds had that same exhausted smile on her face. I heard her friends and family tell her, “You did it! You finished!” Her response was simple . . . “we did it.” After the race, she told us that she now knows that she can lose weight and get in shape. She said, “If I could finish the mud race, then I know I'm strong enough to do anything.”

That's what I mean by attitude. Joe De Sena, founder of the Spartan Race, says we need adversity to grow. Oftentimes it's the limits of our comfort zone that hold us back. The two individuals I talked about felt the adversity, and then surpassed it. When they faced a formidable challenge, it gave them an opportunity to grow. That's the attitude that I advocate.

***Here are a few strategies to help you face adversity and achieve your goals:***

- ***Examine your attitude—*are you ready to succeed?**
- ***Set a challenging goal. Remember that we only grow through adversity!***
- ***Engage your allies—tell people who care about you what you would like to accomplish.***
- ***Celebrate your success! Feel the pride of excellence.***



Coach Vince Lombardi said, “Gentlemen, we will chase perfection, and we will chase it relentlessly, knowing all the while we can never attain it. But along the way, we shall catch excellence.” I enjoy working at SHG because I think we have the right attitude—we are constantly pursuing perfection. We strive to provide the best quality of care, working hard to integrate primary care and behavioral health, and continually thinking outside the box in a dynamic health care environment. Are we always successful? No. But along the way, we do catch excellence.

