

# ATTITUDE

## Definition

A settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior.

## Story

Kyle Maynard, 27, was born with a rare condition called congenital amputation that left him without the lower parts of his arms or legs. It is a disability that would all but end most people's potential for a normal life. Yet for the determined Atlanta native, this end was only the beginning.

Maynard's attitude was defined by an early decision taken by his parents to offer their first-born son no special treatment. He learned to eat, write, and walk on his own. Surrounded by a loving, supportive family, he grew up happy and healthy.

The young Maynard never let his physical shortcomings stop him. At 11, he played American football. In high school, he switched to wrestling; he lost his first 35 matches, before winning his 36th in his senior year. Around the same time, he

bench-pressed 240 lbs., 23 times, earning the title World's Strongest Teen from sports supplement company GNC.

Fame came to Maynard shortly after he was awarded ESPN's 2004 Espy for "Best Athlete with a Disability." His autobiography, *No Excuses*, was published in 2005. He debuted in professional Mixed Martial Arts and began speaking as a motivational speaker.

In 2011, Kyle Maynard decided to scale Mount Kilimanjaro. On January 15, 2012, he became the first quadruple amputee to reach the "roof of Africa" without assistance. He crawled all 19,340 feet on specially made soles.

"When we take on a big goal, it's always going to be difficult at first," says Maynard on his website. "For some reason we forget that just showing up, and continuing to try, is going to get us there."

## Quotes

"People may hear your words, but they feel your attitude." *John Maxwell*

## **Interaction**

1. How do you think your attitude affects your performance?
2. Is it easier to have a positive attitude or negative attitude?
3. Do you think a good or bad attitude can spread throughout a team?
4. What are some things you can do to keep a positive attitude during tough times?
5. How is having a positive attitude a choice?

## **Main Idea**

Sports will teach you many things. You will be challenged physically and mentally at times. It is extremely important to keep a positive attitude and continue to work and strive to be your best. Attitude is everything!

## **Take Away**

Attitude is a little thing that makes a big difference.