

Attitude is Everything!



One of the first and foremost things my students ask when teaching self-protection and awareness is whether or not I've ever been attacked. I'd love to give them a real exciting story, and wow them with my abilities to handle it, but truth be told, it hasn't happened to me. I believe the rationale for this is the confidence I exude to those around me. When people are confident, their self-assuredness creates attitude.

When I question what the biggest contribution to women in order to change their lives would be, I always come back to **confidence and attitude**. If you can obtain one, the other comes naturally. They both bleed into your being and spread around you like an aura. This aura speaks a thousand words about who you are and how you handle yourself. It tells others that you are perfectly content and happy with who you are, and the last thing you want to deal with is someone messing with that fact.

A good example of these two traits is having a new, shy, teenage girl drop into the Dojo for her first class. She is visibly scared and not sure of what she's in for. I try my best to get her comfortable, so that hopefully she'll continue on. My biggest hope is that she'll gain confidence through martial arts and the process of getting both physically and mentally fit. Three months into the program, she's walking taller and understands where I'm coming from when I talk about confidence and attitude being a part of who you are. She then understands what attitude encompasses, i.e., looking someone in the eye and not looking away, as well as working hard to improve your level of fitness. These magnificent changes create that aura around you I explained earlier. Attitude is one thing that men do not mess with. It is an enormous part of business, as well as living and functioning in today's busy world. It is a proven fact that rapists prefer to attack shy looking victims, rather than a girl /women with an attitude that is a walking confidence machine.

So girls, and women alike, do what you have to do to cop that "Gurlfytrz attitude." Vibe it out to others and you will not only gain respect but you could very well be warding off would be attackers as well. –Marcia Mason

GurlFytrz (Girlfighters) is a 501c3 non-profit girlfriend-to-girlfriend effort to fight domestic abuse empowering women with strength, self-confidence, and independence, yet live life with passion, grace, and style.

Marcia Mason, founder and President of GurlFytrz, resides in the west with her two children Travis and AJ. Marcia is a 4th degree Black Belt in two styles and her children are both 2nd degree Black Belts competing nationally.

"GurlFytrz...Help Stop Domestic Abuse"

e-Mail: marcia@gurlfytrz.com • Website: www.gurlfytrz.com