

## How Positive is Your Attitude?

### **Part One**

(1=all the time/daily, 2=frequently, 3=sometimes, 4=rarely, 5=never)

- |  |           |
|--|-----------|
| 1. I watch the news.                                 | 1 2 3 4 5 |
| 2. I talk about the news.                            | 1 2 3 4 5 |
| 3. I am affected by or talk about bad weather.       | 1 2 3 4 5 |
| 4. I am mad at someone for a more than 1 hour.       | 1 2 3 4 5 |
| 5. When something goes wrong, I blame others.        | 1 2 3 4 5 |
| 6. When something goes wrong, I dwell on self-blame. | 1 2 3 4 5 |
| 7. I bring my problems to work.                      | 1 2 3 4 5 |
| 8. I talk about my problems at work.                 | 1 2 3 4 5 |
| 9. I take my work problems home.                     | 1 2 3 4 5 |

### **Part Two**

(1=poor, 2=average, 3=good, 4=very good, 5=the greatest)

- |  |           |
|--|-----------|
| 1. I am an enthusiastic person.  | 1 2 3 4 5 |
| 2. I am happy on the inside.   | 1 2 3 4 5 |
| 3. I look for the good in things.  | 1 2 3 4 5 |
| 4. I usually talk about the good in things.  | 1 2 3 4 5 |
| 5. I say why I like things and people, not why I don't.  | 1 2 3 4 5 |
| 6. I look for the opportunity when something bad happens.  | 1 2 3 4 5 |
| 7. I forgive people who have hurt or offended me.  | 1 2 3 4 5 |
| 8. If I have nothing nice to say, I say nothing.   | 1 2 3 4 5 |
| 9. I often encourage myself.   | 1 2 3 4 5 |
| 10. I use positive attitude language – (“half full” or “partly Sunny”). I avoid can't and won't. | 1 2 3 4 5 |
| 11. I have a positive self-image   | 1 2 3 4 5 |
| 12. I exercise choices that build my attitude.   | 1 2 3 4 5 |
| 13. I help others without expectation, measuring or keeping score.                               | 1 2 3 4 5 |
| 14. I am more motivated to help people than I am to make money.                                  | 1 2 3 4 5 |
| 15. I often encourage others to succeed.   | 1 2 3 4 5 |
| 16. I am happy about myself and my life.   | 1 2 3 4 5 |
| 17. I work on my attitude every day.   | 1 2 3 4 5 |
| 18. I listen to attitude audios and attend seminars.   | 1 2 3 4 5 |
| 19. I ignore people who tell me “you can't” or try to discourage me.                             | 1 2 3 4 5 |
| 20. I count my blessings every day.  | 1 2 3 4 5 |
| 21. I believe in myself.   | 1 2 3 4 5 |

## Attitude Scorecard

Count the number of 1's, 2's, 3's, 4's and 5's and fill in your aggregate score below:

1X \_\_\_\_\_ = \_\_\_\_\_

2X \_\_\_\_\_ = \_\_\_\_\_

3X \_\_\_\_\_ = \_\_\_\_\_

4X \_\_\_\_\_ = \_\_\_\_\_

5X \_\_\_\_\_ = \_\_\_\_\_

Total Score \_\_\_\_\_

Results:

135-150 = You've got a positive attitude! You are the greatest because you think you are!

120-134 = You've got a good attitude and probably understand what it takes to improve it.

75-119 = You're in the big club of people who think they have a positive attitude, but don't. You're in need of skill-building help, and must actively work on attitude exercise –every day. The side benefit of these exercises is that people will become attracted to you and you will be happier than ever before in your life.

50-74 = You've got a negative attitude and should read several books on the subject. You will need to change some of your work and personal habits as part of your skill-building sessions.

29-49 = You've got to work twice as hard as the group above.

Personalization:

Take any questions you answered 1, 2, or 3 and place a check mark beside it. Those are the weak areas for you. These will become a personal game plan for proactive improvement. Find ways to take daily action on these areas, establish some form of accountability, and test out a few months later.