

How's Your Attitude?

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Directions: *The decisions you make help form your attitude. Take this simple self-evaluation by checking the blank that best describes you. Add up the "This is me!" column and use the scale to determine your rank.*

**This is
me!**

**This could
be me?**

**This is
not me!**

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|-------|-------|-------|--|
| _____ | _____ | _____ | 1. When my alarm goes off I hit the "snooze button" or shut the alarm off and go back to sleep. I had too little rest and hate to have to get up and go to work. |
| _____ | _____ | _____ | 2. I find something to wear, but realize clothes are just to cover the body. Staying in fashion or matching colors really doesn't concern me. |
| _____ | _____ | _____ | 3. Glancing at the morning newspaper I realize this is the worst condition our country has ever been in and it is just a matter of time before the government or economy will crumble. |
| _____ | _____ | _____ | 4. Most people drive too slowly and they bog me down. I would like to drive a tank so I can get to work on time. Everyone is a terrible driver but me. |
| _____ | _____ | _____ | 5. People are much too happy at work. They must be faking it. When someone says, "Good morning," I respond with, "What's good about it?" |
| _____ | _____ | _____ | 6. When I'm asked, "How are you today?" I proceed to tell about my physical ailments and personal problems. People should know just how tough my life is. |
| _____ | _____ | _____ | 7. I make it a point to complain about co-workers, even though I wouldn't consider speaking with them privately. Many people just don't know how to work. |
| _____ | _____ | _____ | 8. Everyone in the supermarket is conspiring to slow me up. The express line is closed because they saw me coming. Why can't people move faster? |
| _____ | _____ | _____ | 9. I go to my child's game and he/she is sitting on the bench because the coach is, "playing favorites again." Someday I'll give the coach a piece of my mind. |
| _____ | _____ | _____ | 10. I'm definitely overworked and underpaid and no one appreciates everything I do. I should have taken up a more rewarding occupation. |
| _____ | _____ | _____ | 11. When playing golf, cards or other games I will do anything to win. A little cheating really doesn't hurt anyone and it is acceptable as long as no one finds out. |
| _____ | _____ | _____ | 12. Anyone who doesn't share my political beliefs really doesn't understand the issues and is poorly informed. |
| _____ | _____ | _____ | 13. I know pretty much everything there is to know about my job or profession. I see little need to take classes, go to workshops or waste time with more training. |
| _____ | _____ | _____ | 14. I only have a few more years left before I can retire. It really doesn't pay to, "rock the boat." If I suggest changing some things it will just create more work for me. |
| _____ | _____ | _____ | 15. I'm so busy with work. It is impossible for me to find enough time to spend with the family. |

Rate Yourself: *Total the "This is me! column.*

0 – 3 Congratulations! You have a super Positive Mental Attitude!

4 – 9 Your attitude needs work. Develop a plan to improve your daily outlook.

10 – 15 "Attitudes are Contagious." Please stay away from other people.