



#36 Attitude Self-Assessment

Name _____ Date _____

PART ONE

1. My definition of a positive attitude is: _____

2. What is your rating of your own positive attitude?

1 2 3 4 5 6 7 8 9 10
1=worst / 10=greatest

3. Does your attitude set the tone for the people you deal with? _____ Yes _____ No

4. Carefully circle the number on the right that represents your present situation.

- | 1=all the time/daily | 2=frequently | 3=sometimes | 4=rarely | 5=never |
|--|--------------|-------------|----------|-----------|
| __ I gossip about people at school. | | | | 1 2 3 4 5 |
| __ I watch other people gossip about people. | | | | 1 2 3 4 5 |
| __ I am affected by or talk about bad weather. | | | | 1 2 3 4 5 |
| __ I am mad at someone for more than one hour. | | | | 1 2 3 4 5 |
| __ When something goes wrong I blame others. | | | | 1 2 3 4 5 |
| __ When something goes wrong I blame myself. | | | | 1 2 3 4 5 |
| __ I bring my home problems to school. | | | | 1 2 3 4 5 |
| __ I talk about my problems at school or work. | | | | 1 2 3 4 5 |
| __ I take my school/work problems home. | | | | 1 2 3 4 5 |

cont....

PART TWO

Notice the numeric values reverse in this part

1=never 2=rarely 3=sometimes 4=frequently 5=all the time

- | | |
|---|-----------|
| ___ I am an enthusiastic person. | 1 2 3 4 5 |
| ___ I am happy on the inside. | 1 2 3 4 5 |
| ___ I look for the good in things. | 1 2 3 4 5 |
| ___ I usually talk about the good in things. | 1 2 3 4 5 |
| ___ I say why I like things and people, not why I don't. | 1 2 3 4 5 |
| ___ I look for the opportunity when something bad happens. | 1 2 3 4 5 |
| ___ I forgive people who have hurt or offended me. | 1 2 3 4 5 |
| ___ If I have nothing nice to say, I say nothing. | 1 2 3 4 5 |
| ___ I encourage myself. | 1 2 3 4 5 |
| ___ I use positive attitude language. I avoid saying can't and won't. | 1 2 3 4 5 |
| ___ I have a positive self-image. | 1 2 3 4 5 |
| ___ I make choices that build my positive attitude. | 1 2 3 4 5 |
| ___ I help others without expectations or measuring. | 1 2 3 4 5 |
| ___ I am more motivated to help people than I am to make money. | 1 2 3 4 5 |
| ___ I often encourage others to succeed. | 1 2 3 4 5 |
| ___ I am happy about myself and my life. | 1 2 3 4 5 |
| ___ I work on my attitude every day. | 1 2 3 4 5 |
| ___ I ignore people who try to discourage me or tell me "you can't". | 1 2 3 4 5 |
| ___ I count my blessings every day. | 1 2 3 |
| 4 5 | |
| ___ I believe in myself. | 1 2 3 4 5 |