

# ATTITUDE ADJUSTMENT SCALE

Please rate your current attitude. Read the statement and circle the number where you feel you belong. If you circle a 10, you are saying your attitude could not be better in this area. If you circle a 1, you are saying it could not be worse. BE HONEST.

	HIGH	LOW
1. If I were to guess, my feeling is that my boss would currently rate my attitude as a:	10 9 8 7 6 5 4 3 2 1	
2. Given the same chance, my co-workers would rate my attitude as a:	10 9 8 7 6 5 4 3 2 1	
3. Realistically, I would rate my current attitude as a	10 9 8 7 6 5 4 3 2 1	
4. In dealing with others, I believe my effectiveness would rate a:	10 9 8 7 6 5 4 3 2 1	
5. My current creativity level is a:	10 9 8 7 6 5 4 3 2 1	
6. If there were a meter that could gauge my sense of humor, I believe it would read close to a:	10 9 8 7 6 5 4 3 2 1	
7. My recent disposition - the patience and sensitivity I show to others - deserves a rating of:	10 9 8 7 6 5 4 3 2 1	
8. When it comes to not allowing little things to bother me, I deserve a:	10 9 8 7 6 5 4 3 2 1	
9. Based upon the number of compliments I have received lately, I deserve a:	10 9 8 7 6 5 4 3 2 1	
10. I would rate my enthusiasm towards my job and life during the past few weeks as a:	10 9 8 7 6 5 4 3 2 1	
<b>TOTAL SCORE</b>		

# ATTITUDE ADJUSTMENTS

**Adjustment #1                      Employ the Flipside Technique**

**Adjustment #2                      Play your Winners**

**Adjustment #3                      Simplify! Simplify!**

- 1. Unused and unappreciated possessions**
- 2. Too many involvements.**
- 3. Some misguided individuals devote so much time and energy to their**
- 4. Most people have the opportunity to “throw out” many negatives that enter their lives, but procrastinate and keep these distractions around**
- 5. It may sound harsh, but most of us may have a few “friends” who have become negative and need to be eliminated from our daily lives.**

**Adjustment #4                      Give your Positive Attitude to Others**

**Adjustment #5                      Look Better to Yourself**

**Adjustment #6                      Clarify your Mission**

## ATTITUDE

**The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is plan on the one thing we have and that is our attitude ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes.”**

Charles Swindoll

**William James said it this way:**

**“The greatest discovery of my generation is that a human being can alter his or her life by changing his or her attitude.”**

## ATTITUDE GIVEAWAY EXERCISE

Below are different ways people share their positive attitudes. Some may appeal to you; others may not. Please mark in the blank opposite three (3) that fit your style -- and that you intend to incorporate into your behavior within the next 48 hours.

- \_\_\_\_\_ Go out of my way to visit friends who may be having trouble with their attitudes.
- \_\_\_\_\_ Being positive around those whom I have daily contact.
- \_\_\_\_\_ Transmit my positive attitude to others whenever I use the telephone.
- \_\_\_\_\_ Sharing my positive attitude by sending token items such as cards or flowers to those I care about
- \_\_\_\_\_ Share my sense of humor through more teasing, telling jokes or using the flipside technique.
- \_\_\_\_\_ Be sensitive as a listener so others can regain their positive focus.
- \_\_\_\_\_ Laugh more so my attitude will be infectious and others will pick it up.
- \_\_\_\_\_ Communicate my attitude through upbeat conversations, paying compliments to others, etc.
- \_\_\_\_\_ Give my attitude to others by setting a better example as a positive person.

As you implement your choices remind yourself that the more you give your positive attitude away, the more positive it will remain.

List three things you will take away from this workshop today.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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