# 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.

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

2. __________________________________________________________________

3. __________________________________________________________________