First and Last Name: _____

Giving Attitude

"You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you."

--Brian Tracy

On a scale from 1-10, my general attitude towards life is:

1 2 3 4 5 6 7 8 9 10

On a scale from 1-10, my general attitude towards the work I have to do each day is:

1 2 3 4 5 6 7 8 9 10

On a scale from 1-10, my general attitude towards my family is:

1 2 3 4 5 6 7 8 9 10

Think about something that has "happened" to you recently. What was your attitude? Looking back, would you have made any adjustments in the way you approached the situation, and if so, how? If you were happy with the way you handled it, how can you apply this way of thinking to another area in your life in which you may be suffering from a more negative attitude? What can others learn from what YOU learned?

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