

**SELF TEST:
WHAT IS MY ATTITUDE**

Circle your first response to each statement.

T = True

F = False

NS = Not Sure

- | | | | | |
|-----|--|---|---|----|
| 1. | I love waking up in the morning. | T | F | NS |
| 2. | I have a goal that is important to me. | T | F | NS |
| 3. | Sometimes I get really angry. | T | F | NS |
| 4. | It's good to be home. | T | F | NS |
| 5. | I'm glad to be alive. | T | F | NS |
| 6. | People walk all over me. | T | F | NS |
| 7. | I look great today. | T | F | NS |
| 8. | I wish I had more friends. | T | F | NS |
| 9. | I have enough money. | T | F | NS |
| 10. | I love television. | T | F | NS |
| 11. | The news depresses me. | T | F | NS |
| 12. | Life is good. | T | F | NS |
| 13. | Sometimes I'm so happy I cry. | T | F | NS |
| 14. | I love trying new things. | T | F | NS |
| 15. | I trust most people. | T | F | NS |
| 16. | I love my job. | T | F | NS |
| 17. | I am a disciplined person. | T | F | NS |
| 18. | I have a dream. | T | F | NS |
| 19. | I'm totally satisfied with my diet. | T | F | NS |
| 20. | This test is stupid. | T | F | NS |

ANSWER KEY

Total the points indicated for each of the following questions:

Did you finish the test:

10 points for "yes"

0 points for "no"

Did you have fun taking the test?

10 points for "yes"

0 points for "no"

Did you really go with your first response?

10 points for "yes"

0 points for "no"

Are you totally satisfied with your responses?

10 points for "yes"

0 points for "no"

Total Score:

What your score means:

40 Great! You're definitely on the right track.

30 Your attitude is probably working against you in some situations.

Below 30 Your attitude is hurting your chances for success and happiness.