

a positive ATTITUDE =

From the list of personal attributes in the box below:

1. Choose ten that you feel are positive attributes that describe you. -
2. List them in the left column.
3. Choose five that you feel are negative attributes that describe you. -
4. List them in the right column.
5. Now, place an asterisk (*) next to five positive attributes that you would like to work on during the next few months.
6. Finally, put an 'x' next to 2-3 negative attributes that you would like to eliminate over the next few months.

Positive Attributes

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Negative Attributes

1. _____
2. _____
3. _____
4. _____
5. _____

helpful	poor listener	keep my mind on my work
make excuses	talk too much	resourceful
punctual	finish work on time	take pride in work
hard worker	confident	enjoy causing trouble
follow safety rules	responsible	often late
poor personal hygiene	gossip about others	find fault with others
often absent	organized	do as little as possible
fake being sick	cheerful	messy
honest	argumentative	willing to learn
poor manners	disrespectful	take long breaks
courteous	clock-watcher	self-motivated
cooperative	neat and clean	careless
always do my best	peacemaker	good manners
listen to directions	easily offended	crude

