

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 (Positive)	LOW (Negative)
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 and family 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 toward my job and life during the past few weeks as a:	10 9 8 7 6 5 4 3 2 1	

TOTAL _____

A score of 90 or over is a signal that your attitude is "in tune" and no adjustments seem necessary; a score between 70 and 90 indicates that minor adjustments may help; a rating between 50 and 70 suggests a major adjustment; if you rated yourself below 50, a complete overhaul may be required.

Attitude: Your Most Priceless Possession