



How Positive Is Your Attitude?

Read each scenario and decide where you stand in each example.

1 = Nope 2 = Sometimes 3 = Usually 4 = Yesssss!

- _____ 1. I wake up excited to start my day and can't wait to see what great things will happen.
- _____ 2. I can turn any bad situation into a better situation by looking at the bright side.
- _____ 3. People often describe me as a positive person.
- _____ 4. I'm usually able to cheer up someone who is grumpy or sad.
- _____ 5. I look for opportunities to encourage others to be positive.
- _____ 6. When something I try doesn't work, I am thankful for the lesson and try again.
- _____ 7. If someone puts me down, I don't take it personally.
- _____ 8. When I don't meet a goal, I set a new one and look forward to the feeling I will experience when I do meet it.
- _____ 9. When there is bad news, I watch for the good that comes of the situation.
- _____ 10. I enjoy figuring out what I can learn from a mistake.

Add up all your answers and compare the final number to the scores on the next page. How positive is your attitude?



How Positive Is Your Attitude? continued

If you scored 35–40

Wow, you are extremely positive! Keep spreading good vibes.

If you scored 23–34

Way to go—you are positive and balanced! You are able to see the bright side and maintain good thoughts in tough situations.

If you scored 22 or below

You may have some negative tendencies, which can keep you from going after your goals or encouraging someone else to work toward their own. But there's good news! You can try some of the strategies in this chapter to give your positive vibes a boost.

Your score on this survey can help you better understand your everyday outlook. No matter what your score is, you can choose to change your thinking. Everyone can! Looking for ways to be more positive can help you feel better about yourself and enjoy life more. It can even help you achieve your goals and be more successful!