

ATTITUDE IS EVERYTHING

Attitude is important—it affects:

1. **How successful you are** in achieving your academic and personal goals
2. **How you feel**, mentally and physically
3. **How you look**, what you say and what you do

Do you have a positive attitude?

1. **Are you willing to learn**, no matter how difficult it is?
2. **Do you do your best when studying**, and try to improve how you do your work?
3. **Do you demonstrate enthusiasm** in whatever you say and do?
4. **Do you welcome challenges**, experiment, try new ideas?
5. **Do you have a sense of humor** by not taking yourself too seriously?

7 Easy Ways to Develop a Positive Attitude:

1. **Be confident**
2. **Be positive**
3. **Be punctual**
4. **Be patient:** some things just take time to do
5. **Believe in yourself:** you are unique in this world, and so are your talents
6. **Set goals for yourself:** then WORK hard to achieve them
7. **Get fun out of life:** don't take yourself too seriously

Test yourself on the “positive attitude” checklist:

	Yes	No
1. Do you believe in yourself?	_____	_____
2. Do you want to improve?	_____	_____
3. Do you have goals?	_____	_____
4. Do you have a plan to achieve your goals?	_____	_____
5. Are you willing to change?	_____	_____
6. Are you on time?	_____	_____
7. Are you patient?	_____	_____
8. Are you a good listener?	_____	_____
9. Are you willing to make mistakes?	_____	_____
10. Do you enjoy life?	_____	_____

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POSITIVE THINKING	NEGATIVE THINKING
Planning ahead "I'll make a schedule."	Carelessness "It doesn't matter."
Willingness to learn "I'll ask for help."	Fatalism "If it happens, it happens."
Alertness "I'll concentrate and pay attention."	Passiveness "It's not interesting."
Knowing your goals "I want to improve."	Ignorance "I don't understand it"
Faith "I'll try my best."	Cynicism "It's not worth my time"
Willingness "I'll work on it now."	Laziness "It's too much trouble."

Adapted by Rachel Fleming '00 from the pamphlet "Your Attitude and You" by Channing L. Bete Co., Inc.



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