

Name _____ Date _____ Period _____

Attitude

Unit 1 Intro to the World of Work

Attitude can be defined as a way of thinking and the way you carry yourself as a result. Attitude can either be positive or negative depending on how you feel at any particular time.

Please highlight characteristics from the two columns below that best represent your current attitude. Highlight one phrase from each line then add up the phrases when you are finished. If you have more negative attitude characteristics than positive you definitely need an attitude adjustment.

POSITIVE

Dresses up
Compliments others
Excited about the day
Happy and carefree
Helpful and caring
Wants to improve self
Gets along well with others
Enjoys challenges
Self-driven
Intrinsically motivated
Makes plans and sets goals
Accepts responsibility
Morning person
Energetic and active
Unafraid in new situations
Takes chances
Multitasks
Say you feel good when you don't
Keeps up with homework

NEGATIVE

Dresses down especially dark
Complains about others
Wishes the day to be over
Sad and depressed
Doesn't care about welfare of others
Sometimes self-destructive
Puts others down and argues
Avoids challenges
Must be prodded
Extrinsically motivated
Worries about the future
Makes excuses
Doesn't want to get out of bed
Tired and listless
Fearful of trying new things
Reserved
Doesn't know what to do next
Say you feel bad quite often
Loses work assignments

Total _____

Total _____

Just remember at times we all have negative feelings, but if you normally feel that you are negative consider the following and decide for yourself if you need a change in outlook. It is unlikely you would have highlighted all positive characteristics, but if most of yours are positive then with minor day to day changes you could be very successful.

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Things that can affect your attitude:

From Negative to Positive

From Positive to Negative

Good health
Successfully meeting goals
Positive friends
Making new friends
Warm sunny days
Being physically active
Positive feedback
Being good at something
Treating yourself to a reward
Helping others
Getting noticed or recognized
Having fun and laughing
Making more money
Well-balanced diet
Balanced rest and play
Dressing nicely with bright colors
Compliments from others
Keeping your cool
Doing good things before asked
Listening to others problems
Accepting others for who they are

Sickness
Giving up on goals
Negative friends
Loss of friends or family
Cold rainy dreary days
Inactivity for long periods
Negative feedback
Fear of failure and commitment
Punishing yourself for failing
Being self-absorbed and alone
Being overlooked or forgotten
Remaining solemn and indifferent
Not enough money
Poor eating habits
Too much sleep and not enough exercise
Dressing down with dark clothing
Put downs by others
Losing your temper
Being forced to do something
Being absorbed in others problems
Being prejudiced and bigoted

If you see a trend happening in your life from the right hand column it is time to make physical changes. The body follows what the mind thinks and your mind is influenced by the surroundings. In many cases people get into negative routines and only need a slight change in their average day to improve their attitude which will improve their surroundings or at least their perspective.

Sometimes we allow the people we are with to sway our outlook on life. Positive attitudes are contagious and so are negative ones. You can be influenced or you can be the influencer. Choose your friends carefully.

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Rewards of a Positive Attitude

The rewards of having a positive attitude will pay great dividends throughout life. Attitude is a state of mind and you are the only one that can control your attitude. People with a well-balanced self-esteem and a positive outlook on life are optimistic about the future are more likely to:

- Do well in school and in sports.**
- Stay out of trouble with administrators and the law.**
- Travel more to see the world and what it has to offer.**
- Invest their time, talents and money for future rewards.**
- Make more money on the job.**
- Start their own business and become their own boss.**
- Volunteer in community projects, school and the community.**
- Be entertaining around others and have more friends.**
- Be happier, feel better and live longer.**
- Be stress free and worry less about the future or the past.**
- Laugh more and have fun with others.**
- Be less likely to do alcohol, tobacco, or drugs.**
- Enjoy the beauty of the day and the scenery.**
- Receive honors, awards and recommendations.**
- Accomplish more and feeling fulfilled.**
- Value their life and the lives of others.**
- Set and reach their goals in life.**
- Move up the career ladder gaining more prestige and power.**
- Forgive and forget how others hurt you.**
- Accept help when needed.**
- Gain more respect from others.**
- Be more proud of their accomplishments and achievements.**
- Look forward to a brighter future.**
- Be more active physically and mentally.**
- Enjoy challenges that stimulate the mind and the body.**
- Be successful in whatever they decide.**
- Keep physically fit and look better.**
- Listen to the opinions of others before making judgments.**
- Be unafraid to make mistakes.**
- Win or lose graciously.**

Attitude is a decision. You decide whether you want to have a positive or a negative attitude.

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Decoding a Quote

By Jesse Jackson

To learn what Jesse Jackson said we must first break the code. All 26 letters of the alphabet are listed in order. We must figure out what order they are in. It is a real good idea to do this in pencil.

Code

<u>A</u>	—	<u>B</u>	—	—	—	<u>D</u>	—	—	—	—	—	—
1	2	3	4	5	6	7	8	9	10	11	12	13
—	—	—	—	<u>R</u>	—	—	—	—	—	—	—	<u>N</u>
14	15	16	17	18	19	20	21	22	23	24	25	26

Quote

“ 17 14 16 26 24 14 4 24 12 18

1 22 14 17 14 12 7 9 3 12 14 4 24 12 18

1 14 14 17 14 12 7 9 14 15 1 14

7 9 14 9 18 25 17 26 9 16 4 24 12 18

1 23 14 17 14 12 7 9.”