



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.

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

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?		

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.”

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