



Attitude is Everything!

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The Attitude Latitude Scale

Attitude is everything is a common phrase. But it's also very true.

Your attitude affects everything you do. It affects how others see you and respond to you. It ultimately affects who you become as a person, or grow as the person you are.

Look at the list below and mark which statement best fits you when it comes to trying or learning new things. Find out if you are happy with where you're at on the attitude latitude scale.

Here's the Attitude ladder you will be climbing, starting at the bottom and working up. Where are you now, and where do you want to be?

- I did it!
- I will do it
- I can do it
- I probably can do it
- I might try to do it
- I'll think about trying to do it
- I do want to do it
- I wish I could, but I'm not sure I can do it
- I don't know how to do it
- I can't do it
- I won't try because I know I can't do it

Where do you fit right now? Remember, attitude is everything.

When you say to yourself "I can't", in any form, you are programming yourself for defeat. The more often you think it or say it to yourself the more you believe it.



With credit to Fiona MacKay



Attitude ReTweetables

“Philosophy drives attitude; Attitude drives action; Action drives results; Results drive lifestyles.” Jim Rohn

“If you don’t like your attitude, then take a real close look at your philosophy.” Jeffrey Gitomer

“A bad attitude is like a broken torque converter; both destroy the potential for advancement.” Rodger Bland



Attitude self-assessment test

Healthy self-esteem is an important factor in achieving your potential. Successful people are able to take measured risks and avoid wallowing in self-pity. They are ready to see the best in all people and are willing to trust others with responsibility.

This short quiz will help you assess your self-esteem. Rate each of the questions on this four-point scale:

3= always

2= more than half the time

1= Occasionally

0= Never

1. I feel comfortable when I am set apart from the group.
2. I accept responsibilities when things go wrong.
3. I share credit with others.
4. I am comfortable accepting a compliment.
5. I set goals and visualize accomplishing them.
6. I am confident in myself and my abilities.
7. I am willing to take necessary risks.
8. I think positively in the face of challenges.
9. I can say “no”.
10. I understand my attitude towards people plays a role in my success.
11. I see the positive qualities in other people.
12. I listen to others.



Attitude self-assessment test cont.

13. People describe me as a positive person.
14. I understand my attitude towards circumstances controls how I respond to challenges.
15. I view each new situation as an opportunity or a challenge.

Add up the total points and check scoring:

38 – 45 High self-esteem. You are confident about yourself and your abilities. You have a positive attitude.

30 – 37 Strong self-esteem. You are generally confident about yourself and your abilities. You tend to remain positive and optimistic in your attitude.

23 – 29 Moderate self-esteem. You have periods of self-doubt, but tend to be more positive than negative.

15 – 22 Low self-esteem. You have periods of self-doubt and tend to be more negative than positive.

0 – 14 negative self-esteem. You have little or no confidence in your abilities. You tend to demonstrate negative attitudes.

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