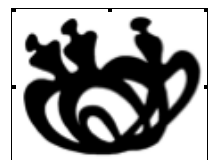


POSITIVE THINKING

In our work, having an optimistic and a can-do perspective is essential. It is infectious for those you contact and work with. Take this test to evaluate your personal and work-place attitude and the level of your positive thinking.

5 – ALMOST ALWAYS	3 – USUALLY	1 – ALMOST NEVER
4 – MOST OF THE TIME	2 – SOMETIMES	0 – NOT RELEVANT, NOT SURE

Q#	Statement	0-5
1.	I know there is a power beyond me from which I can draw strength.	
2.	I am committed to living my life to high standards and a higher purpose.	
3.	I don't let my mistakes discourage me.	
4.	I allow people time to reach their own solutions.	
5.	I have the quality of being able to stick to it.	
6.	I do not let a crisis paralyze me.	
7.	I keep control over my emotions.	
8.	I tell the truth.	
9.	I do not let doubt affect my pursuit of a worthy goal.	
10.	I rise to the occasion when goals seem out of reach.	
11.	I keep my eye on my goals, even through day-to-day distractions.	
12.	I speak up on behalf of unpopular positions if I think they have merit.	
13.	I make a conscious effort to react evenly.	
14.	I wake up feeling excited about the day ahead.	
15.	I react to stress with self-control.	
16.	I thrive on finding needs that interest me and fulfilling them.	
17.	I take on the tough assignments that interest me even when the odds of a favorable outcome are slim.	
18.	I stay on course even when things get uncertain.	
19.	I make sure fear and feelings of inferiority don't drive my actions.	
20.	I do not allow anxiety over an outcome to rattle my composure.	
21.	I concentrate my energy where it will do the most good.	
22.	I am able to control my worries and resentments.	
23.	I summon up the energy needed to see a job through.	



5 – ALMOST ALWAYS	3 – USUALLY	1 – ALMOST NEVER
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Q#	Statement	0-5
24.	I act with a sense of hope about what lies ahead.	
25.	I practice affirming myself in my skills and my outlook.	
26.	I show energy about projects that excite others.	
27.	I move forward decisively.	
28.	I have a clear picture of where I want to be in my life.	
29.	I do not obsess over an issue.	
30.	I do not act or speak hastily without considering the consequences.	
31.	I avoid gossiping about others.	
32.	I gear myself to be positively hopeful in my attitudes and expectations.	
33.	I keep my spirits up even when things aren't going well.	
34.	I do not allow worry to get the best of me.	
35.	I'm not from the "let's just be done with it" school of fast solutions.	
36.	I'm energetic in pursuing outcomes.	
37.	I get a kick out of life.	
38.	I treat people evenhandedly and fairly.	
39.	I do not engage in playing off one person against another.	
40.	I do not panic when adversity occurs.	

200-180	You are a wonderfully stable and positive person.
179-140	You have very positive instincts. People enjoy being around.
139-115	You usually see the glass as being more than half full— but not always.
114 & below	You're not as positive as you should be. Take control of your life. Have fun.

