



LOOKING BACK: A Self-Reflection

Attitude Worksheet

What contributes to your good attitude? When you are in a good mood, why are you in a good mood? What causes you to be in a bad mood?

Think about a time in the past when your attitude has helped you to achieve a goal. Has it ever hindered you in achieving a goal?

List 4 adjectives that you believe describe your attitude:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Are there adjectives that you didn't write down that you wished you had to describe your attitude? If so, list them:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

CHALLENGE

Take a walk around campus and find a comfortable place to sit where there are a lot of people you can observe. Pick at least three people that grab your attention. Write down what you observed about who they are just by watching the way they carry themselves. Do they have any characteristics in common? What made you notice them out of everyone walking by?

In the space below, describe a positive and successful attitude:

