



MOVING AHEAD: The Challenge

Attitude Worksheet

What affect do the following have on your attitude?

- Workload
- Exercise
- Responsibilities
- Relationships
- Music
- Finances
- Sleep
- Physical Setting

Which of these can you control? What can you do to prevent these from negatively affecting your attitude?

Use the space below to briefly describe your personal vision for your life over the next several years. What action steps do you need to take in order for this vision to become a reality? Finally, identify an individual with whom you are comfortable talking through this with.

Take a few minutes to reflect on the vision you outlined for your life in the previous question. Now think about how you want to face the world. Does your current approach toward life and your vision match up? If so – great! If not, what do you need to do to align your attitude in order for you to realize your vision?

Identify three daily practices that you are interested in incorporating into your daily routine. This could included something like a morning walk, daily meditation, yoga practice, martial art, etc. Once you've identified your top three, highlight one that you are going to commit to.

1. _____
2. _____
3. _____

