

ATTITUDE IS EVERYTHING

*Adapted from "Your Attitude and You" by Rachel Fleming and
Dartmouth College Academic Skills Center*

ATTITUDE...

affects how successful you are in achieving your academic and personal goals. affects how you feel, mentally and physically.
affects how you look, what you say, and what you do.

SEVEN WAYS TO DEVELOP A POSITIVE ATTITUDE

1. Be CONFIDENT
2. Be POSITIVE
3. Be PUNCTUAL
4. Be PATIENT
5. BELIEVE in yourself
6. Set GOALS for yourself
7. Have FUN

DO YOU HAVE A POSITIVE ATTITUDE?

Are you willing to learn, no matter how difficult it is?
Do you do your best when studying, and try to improve how you do your work? Do you demonstrate enthusiasm in whatever you say and do?
Do you welcome challenges, experiment, and try new ideas?
Do you have a sense of humor?

POSITIVE ATTITUDE CHECKLIST

QUESTIONS	Yes/No
Do you believe in yourself?	
Do you want to improve?	
Do you have goals?	
Do you have a plan to achieve your goals?	
Are you willing to change?	
Are you on time?	
Are you patient?	
Are you a good listener?	
Are you willing to make mistakes?	
Do you enjoy life?	

For every question you answered "no," think about what situation, person, or other obstacle preventing you from answering "yes." What can you do to change the outcome?