ATTITUDE INVENTORY

Think of this Attitude Inventory as a subjective indicator of your attitude about yourself. It can provide a reference point for identifying dimensions of your attitude that may need adjusting.

Directions:

There are no right or wrong answers. The best answer is your honest answer as the result will be a more accurate reflection of your attitude about yourself in the workplace.

Circle the letter of the response that you feel best fits you.

1. In terms of skills to do my job, I am:
   a. Very competent.
   b. Fairly competent.
   c. Average.
   d. Fairly unskilled.
   e. Very inadequate.

2. In my job I have:
   a. A lot of confidence in myself.
   b. Enough confidence in myself.
   c. Average confidence in myself.
   d. Very little confidence in myself.
   e. No confidence in myself.

3. I think that I work with others:
   a. Extremely well.
   b. Well.
   c. Okay.
   d. Not very well.
   e. Not well at all.

4. I am able to gain the confidence of others:
   a. Extremely well.
   b. Well.
   c. Okay.
   d. Not very well.
   e. Not well at all.

5. I admit my mistakes and shortcomings:
   a. All the time.
   b. Most of the time.
   c. Occasionally.
   d. Hardly ever.
   e. Never.

6. I avoid taking risks because of fear of mistakes or failures:
   a. Never.
   b. Seldom.
   c. Some of the time.
   d. Most of the time.
   e. All the time.
7. My own values, beliefs and convictions align with those of my workplace:
   a. All of the time.
   b. Most of the time.
   c. Some of the time.
   d. Seldom.
   e. Never.

8. I feel inferior to my co-workers:
   a. Never.
   b. Hardly ever.
   c. Occasionally.
   d. Most of the time.
   e. All the time.

9. I feel good about myself:
   a. All the time.
   b. Most of the time.
   c. Some of the time.
   d. Hardly ever.
   e. Never.

10. I experience enjoyment and fulfillment in my work:
   a. All the time.
   b. Most of the time.
   c. Some of the time.
   d. Hardly ever.
   e. Never.

11. I have an intense need for recognition and approval:
   a. None of the time.
   b. Hardly ever.
   c. Occasionally.
   d. Most of the time.
   e. All the time.

12. I am able to problem-solve effectively:
   a. All the time.
   b. Most of the time.
   c. Some of the time.
   d. Seldom.
   e. Never.

13. When I am asked to do something above and beyond the call of duty, I feel:
   a. Good; it’s important that others know they can count on me.
   b. Okay; I’ll do it.
   c. Disinterested; I prefer to stick to what’s in my job description.
   d. Bothered; asking me to do more is an imposition.
   e. Angry; I’ll resist taking on more work.

14. I believe that I am achieving my potential in my work:
   a. All the time.
   b. Most of the time.
   c. Some of the time.
   d. Seldom.
   e. Never.
ANALYZING YOUR ATTITUDE

Scoring

1. Record the number of responses for each letter.

2. Calculate your score by multiplying the number of each letter by its corresponding value.

3. Add each score to get a total score.

<table>
<thead>
<tr>
<th>a</th>
<th>b</th>
<th>c</th>
<th>d</th>
<th>e</th>
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</thead>
<tbody>
<tr>
<td>+2</td>
<td>+1</td>
<td>0</td>
<td>-1</td>
<td>-2</td>
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= Total Score

Interpretation

Total score of: Indicates that in the workplace you have:

-28 to –21 A complete feeling of inadequacy.

-20 to –8 A significant feeling of inadequacy.

-7 to –1 A negative self-image.

0 to +7 An acceptable self-image.

+8 to +20 A positive self-image.

+21 to +28 A rather inflated self-image.

Check your ego.

Adapted from Attitude, the Choice is Yours