

Self-Assessment Attitude Check-up

By Dr. Gary Imm

Score yourself from 1-5.

1="I am not good at this", to a 5= "I am outstanding at this".

1. How good are you at directing confronting others when there is a problem, without biasing the confrontation in a negative manner?
2. How often do you give excuses for things that go wrong? Do you pass the buck or blame others or the situation?
3. Are you a self-starter? Are you too passive or are you an active starter everyday?
4. Do you gossip, spread rumors, or create problems with other team members?
5. How well do you communicate with your fellow team members, both in giving and receiving information?
6. How are you at teamwork? Helping others, pitching in and supporting your fellow team mates?
7. Are you a person who lifts people up, or drags them down emotionally? What is your enthusiasm level?
8. Do you accept criticism gracefully—neither overreacting nor under reacting, but using it to improve?

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Consider asking a friend to score you.

36-40: you are a superstar or honesty is not on board

25-35: above norm, doing a good job, yet can improve

18-24: need immediate improvement of your attitude

<17: you are in danger of being fired, you will need immediate improvement of your attitude.

Emotional balance and attitude are as important as gas and oil to your car.
Sometimes a tune up is needed or a change required.