

Attitude Inventory

A 9 Weapons of Hope™ Resource

This Attitude Inventory is an indicator of your attitude about yourself and others. While it is subjective based on your answers it is a good reference guide to assess where you are at any given point in time. It can be taken again to assess your attitude as you progress or regress.

Directions:

This is a self-assessment; there are no right or wrong answers. You don't have to share this with anyone, so don't concern yourself with where you are today. Be honest so the results will most accurately reflect your current attitude.

Circle the letter of the response that best fits your current attitude. You will add up the score later.

1. I feel good about myself:
 - a. All of the time.
 - b. Most of the time.
 - c. Some of the time.
 - d. Seldom.
 - e. Never

2. I tend to assume or expect the worst in people:
 - a. Never.
 - b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.

3. I am generally optimistic:
 - a. All of the time.
 - b. Most of the time.
 - c. Some of the time.
 - d. Seldom.
 - e. Never.

4. I feel the weight of the world on my shoulders:
 - a. Never.
 - b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.

5. I have an intense need for recognition and approval:
 - a. Never.

- b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.
6. I believe I am achieving my potential in life.
- a. All of the time.
 - b. Most of the time.
 - c. Some of the time.
 - d. Seldom.
 - e. Never.
7. I feel as if life has not been fair for me.
- a. Never.
 - b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.
8. I tend to compare myself & my situation to others:
- a. Never.
 - b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.
9. I easily forgive people.
- a. All of the time.
 - b. Most of the time.
 - c. Some of the time.
 - d. Seldom.
 - e. Never.
10. My first instinct is to be critical of myself:
- a. Never.
 - b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.
11. My first instinct is to be critical of others:
- a. Never.
 - b. Hardly ever.
 - c. Occasionally.
 - d. Most of the time.
 - e. All of the time.
12. I am generally a confident person.
- a. All of the time.

- b. Most of the time.
- c. Some of the time.
- d. Seldom.
- e. Never.

13. I easily accept compliments:

- a. All of the time.
- b. Most of the time.
- c. Some of the time.
- d. Seldom.
- e. Never.

14. I am enjoying my life:

- a. All of the time.
- b. Most of the time.
- c. Some of the time.
- d. Seldom.
- e. Never.

15. I show that I am enjoying my life:

- a. All of the time.
- b. Most of the time.
- c. Some of the time.
- d. Seldom.
- e. Never.

16. I have a hard time saying “no” without feeling guilty:

- a. Never.
- b. Hardly ever.
- c. Occasionally.
- d. Most of the time.
- e. All of the time.

17. I feel hopeful about the future:

- a. All of the time.
- b. Most of the time.
- c. Some of the time.
- d. Seldom.
- e. Never.

How to Add Up the Score

1. Record the number of responses for each letter in the scoring box below.
2. Calculate your score by multiplying the number of responses for each letter by the multiplier.
3. Add the score of each of the letters “a” through “e”.
4. Look at the indicator for your score.

	a	b	c	d	e	
How many of each:						
Your # times this #	5	4	3	2	1	
=						TOTAL

Scoring:

Total Score of:

- 85
- 73 – 84
- 63 – 72
- 43 – 62
- 29 – 42
- Below 28

Scoring Guide:

- It’s official – you’re a unicorn!
- You have a great attitude!
- You are doing pretty good.
- You tend toward the negative.
- You’re almost always negative.
- You always think the worst.