



# ATTITUDE IS EVERYTHING

**Attitude is important—it affects:**

1. **How successful you are** in achieving your academic and personal goals
2. **How you feel**, mentally and physically
3. **How you look**, what you say and what you do

**Do you have a positive attitude?**

1. **Are you willing to learn**, no matter how difficult it is?
2. **Do you do your best when studying**, and try to improve how you do your work?
3. **Do you demonstrate enthusiasm** in whatever you say and do?
4. **Do you welcome challenges**, experiment, try new ideas?
5. **Do you have a sense of humor** by not taking yourself too seriously?



## 7 Easy Ways to Develop a Positive Attitude:

1. **Be confident**
2. **Be positive**
3. **Be punctual**
4. **Be patient:** some things just take time to do
5. **Believe in yourself:** you are unique in this world, and so are your talents
6. **Set goals for yourself:** then WORK hard to achieve them
7. **Get fun out of life:** don't take yourself too seriously



## Test yourself on the “positive attitude” checklist:

	Yes	No
1. Do you believe in yourself?		
2. Do you want to improve?		
3. Do you have goals?		
4. Do you have a plan to achieve your goals?		
5. Are you willing to change?		
6. Are you on time?		
7. Are you patient?		
8. Are you a good listener?		
9. Are you willing to make mistakes?		
10. Do you enjoy life?		

<b>POSITIVE THINKING</b> 	<b>NEGATIVE THINKING</b> 
<b>Planning ahead</b> “I’ll make a schedule.”	<b>Carelessness</b> “It doesn’t matter.”
<b>Willingness to learn</b> “I’ll ask for help.”	<b>Fatalism</b> “If it happens, it happens.”
<b>Alertness</b> “I’ll concentrate and pay attention.”	<b>Passiveness</b> “It’s not interesting.”
<b>Knowing your goals</b> “I want to improve.”	<b>Ignorance</b> “I don’t understand it.”
<b>Faith</b> “I’ll try my best.”	<b>Cynicism</b> “It’s not worth my time.”
<b>Willingness</b> “I’ll work on it now.”	<b>Laziness</b> “It’s too much trouble.”

Adapted by Rachel Fleming '00 from the pamphlet “Your Attitude and You” by Channing L. Bete Co., Inc.

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