

Attitude Checkup Form as prepared by Mary Lowman

"The longer I live the more I realize the impact of attitude in life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

"The remarkable thing is we have a choice everyday regarding the attitude we will embrace for the day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

"I am convinced that life is 10% what happens to us and 90% how we react to it."
—Chuck Swindoll

Where would you rate your attitude for the past six months?

	0	10%	20 %	30%	40%	50%	60%	70%	80%	90%	100%
Totally Negative				Half and Half			Totally Positive				
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Plan of Action:
I will learn to reframe the following "negative pulls":
2. I will stop trying to control these uncontrollable things/people:
3. I will focus on controlling these controllable things:
4. I will avoid negative self-talk. Most of my negative self-talk happens at these times:
5. I will save my emotional energy for important issues rather than things that don't really matter. Often I over-react and spend too much emotional energy on: