**QUIZ: Attitude**

We all have our moments of feeling down – but some people just seem to be so positive all the time, while others seem to get caught up in the down side of situations. Find out what type of attitude you have – you might just get a surprise!

A. You use positive words to describe yourself:

1) Always

2) Hardly ever

3) Depends on how I'm feeling at the time

B. How would you describe most of your friends?:

1) Pretty serious

2) Upbeat and fun

3) A real mix

C. When it comes to things beyond your control, you:

1) Think "what can I do about it" and stop worrying

2) Worry and lose sleep over the "what ifs"

3) Try to put it out of your mind

D. If a parent, teacher or friend is critical of you, you take it really personally:

1) Never

2) Yep, that's me

3) Hmm...sometimes

E. If there's a job or a project that needs to get done, you:

1) Put it off til the last minute

2) Get on with it and tick it off the list

3) Do it in bits and pieces until it's complete

F. When it comes to friends and family that really matter, you tend to feel:

1) Totally secure

2) Afraid of losing them

3) A bit of both

G. If someone does something to upset you, you:

1) Get over it - life's too short!

2) Take ages to move on

3) Bear a grudge and have trouble forgiving them

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| Positive points  Add 3 points for: A1, B2, C1, D1, E2, F1, G1  Add 1 point for: A3. B3, C3, D3, E3, F3, G2  18-21 points – You are very positive person. Nothing gets you down.  13-17 points – You are positive most of the time.  8-12 points – You have your good days and your bad days.  Below 13 – At least you can use this sheet as a tissue to stop you crying! |