

How Positive Are You?



Who me?

Take the Test

Positive Attitude Test

Answer the questions on the following pages by circling the appropriate score. Then transfer your answers to the master page 12. Add your scores for the result.

You may find it more beneficial to ask others to score some of the questions and learn how others see you.

Question 1

My immediate boss would score my attitude

	Circle one score only
A highly cooperative person, speaks positively all of the time, always willing to assist me and other members of the team, sees the good in others and in the company	5
Usually a cooperative person, speaks positively most of the time, usually willing to assist me and other members of the team in most cases sees the good in others and in the company	4
Sometimes a cooperative person but can often have 'off' days, tends to speak positively most of the time, usually willing to assist me and other members of the team – speaks negatively or positively about others and the company depending on his or her mood, or the circumstances at the time	3
Is usually more uncooperative than cooperative and has more 'off' days, than good days. Tends to speak negatively most of the time.	2
A very uncooperative person who speaks negatively all of the time, finds it difficult to see good in any person or situation	1

Question 2

Management would score my attitude

	Circle one score only
A highly cooperative person, speaks positively all of the time, always willing to participate positively in meetings and other employees always speak well of this person.	5
Mostly highly cooperative, speaks positively most of the time, usually willing to participate positively in meetings and other employees usually speak well of this person.	4
Sometimes highly cooperative, speaks positively on some occasions and from time to time willing to participate positively in meetings. Some employees speak well of this person, others may speak differently and voice concerns about his or her behaviour.	3
Is usually more uncooperative than cooperative and people within the organisation tend to voice concern about his or her behaviour.	2
A very uncooperative person who speaks negatively all of the time, often in conflict with management and colleagues	1

Question 3

My team colleagues would score my attitude

	Circle one score only
A highly cooperative person at all times, speaks positively all of the time, always willing to help out when we are busy – very flexible and a good team player.	5
A highly cooperative person most of the time, speaks positively most of the time, usually willing to help out when we are busy – mostly very flexible and a good team player.	4
Sometimes a cooperative person, speaks positively some of the time but does have days when it is best to keep out of his or her way, sometimes willing to help out when we are busy – can be flexible if in the mood, on average good team player.	3
Mostly uncooperative, rarely speaks positively, generally unhelpful and not at all a team player.	2
A very uncooperative person who speaks negatively all of the time, often in conflict with the rest of the team	1

Question 4

I would score myself

	Circle one score only
<p>A highly cooperative person at all times, I think positively all of the time, always willing to help out when we are busy – very flexible and a good team player. When I am treated unjustly I can speak my mind in a positive way and not hold grudges.</p>	5
<p>A highly cooperative person most of the time, I think positively most of the time, usually willing to help out when we are busy – mostly flexible and a good team player. When I am treated unjustly I can usually speak my mind in a positive way and not hold grudges, but with an occasional lapse.</p>	4
<p>Sometimes a cooperative person, I think positively sometimes but can often lapse into negative thinking, sometimes willing to help out when we are busy, depending upon how I feel at the time – sometimes flexible and, not particularly a good team player. When I am treated unjustly I can usually speak my mind, but sometimes can be quite harsh and on occasion I can hold grudges.</p>	3
<p>Tend not to be cooperative, find it difficult to be positive where I work and therefore tend not to be a team player. I hate unfair treatment and this causes me to speak negatively about the company.</p>	2
<p>Never cooperative, find it difficult to be positive where I work and therefore tend not to be a team player. I hate unfair treatment and this causes me to speak negatively about the company. I have no intention of changing</p>	1

Question 5

When dealing with others I score

	Circle one score only
<p>I am mostly very effective – I can listen to the other person’s point of view, no matter who the other person is, and I can express my point of view positively. I rarely find myself ‘falling out’ with others; I can easily let go- I can reach winwin decisions with anyone.</p>	5
<p>I am usually very effective – I can usually listen to the other person’s point of view, no matter who the other person is, and I can express my point of view positively. I rarely find myself ‘falling out’ with others; I can easily let go- I can often reach winwin decisions with anyone.</p>	4
<p>I am sometimes effective but sometimes feel that I could have handled people better – I can sometimes listen to the other person’s point of view, I am better when dealing with some people than with others e.g. better with colleagues than with managers and I can sometimes express my point of view positively. I occasionally find myself ‘falling out’ with others, I can let go on some occasions - I can reach winwin decisions with some people some of the time.</p>	3
<p>I often find myself in conflict with others and I do try to win an argument rather reach agreement. I usually do care if people ‘fall out’ with me but if I am right then ‘falling out’ may be necessary if the other person doesn’t see my point of view.</p>	2
<p>I often find myself in conflict with others and I do try win an argument rather reach agreement. I usually don’t care if people ‘fall out’ with me.</p>	1

Question 6

When change is introduced to the job I score

	Circle one score only
I mostly see change as necessary and with the potential for a positive outcome and I am willing to give it a go. I am willing to explore any new ideas and I like to offer my own contribution to making positive change	5
I mostly see change as necessary and with the potential for a positive outcome and I am willing to give it a go. I am usually willing to explore any new ideas – I tend not to offer my own contribution to making positive change but will cooperate with other people's ideas.	4
I can sometimes see the need for change but I don't always see the need to 'fix it if it isn't broken'. I am sometimes willing to give it a go. I am sometimes willing to explore any new ideas – I tend not to offer my own contribution to making positive change but will usually cooperate with other people's ideas	3
I am generally not happy with change and I feel that there is no need to 'fix what isn't broken'. I can sometimes resist change.	2
I mostly resist change.	1

Question 7

My sense of humour I score

	Circle one score only
I can always see the funny side of life. If something goes wrong at work I don't tend to get chewed about it. I can always laugh at myself and see the funny side of life when the joke seems to be on me.	5
I can usually see the funny side of life. If something goes wrong at work I don't tend to get chewed about it. I can usually laugh at myself and see the funny side of life when the joke seems to be on me.	4
I can sometimes see the funny side of life. If something goes wrong at work I can on some occasions get chewed about it. I can sometimes laugh at myself and see the funny side of life when the joke seems to be on me, but I do tend to set limits on this.	3
Generally speaking I don't have a sense of humour; I can occasionally have a laugh but prefer to get on with my job.	2
What is there to laugh about?	1

Question 8

For sensitivity I score

	Circle one score only
I am always aware of other people's feelings and can therefore avoid making comments that will hurt others or cause problems within the team.	5
I am usually aware of other people's feelings and can therefore avoid making comments that will hurt others or cause problems within the team.	4
I am sometimes aware of other people's feelings and can on some occasions avoid making comments that will hurt others or cause problems within the team. However I do sometimes 'put my foot in it'.	3
I tend not to think of other peoples' feelings, although this is not intentional	2
I do not see it as my responsibility to consider other peoples' feelings.	1

Question 9

For receiving compliments

	Circle one score only
I regularly receive compliments from managers, team mates, family and friends and people generally say positive things about me I can recall several compliments I have received during the last two or three weeks.	5
I regularly receive compliments from a range of people but not all of those mentioned in (1) above. However people mostly speak positively about me.	4
I sometimes receive compliments and if I am honest people do sometimes justly complain about me.	3
I tend not to receive many compliments – I don't think I am very popular.	2
I am not the kind of person people say nice things about.	1

Question 10

For enthusiasm towards my job and life I score

	Circle one score only
I enjoy coming to work and if I didn't enjoy work I would do something positive about finding a job or career that would satisfy me. I always put a lot of energy into what I do at work.	5
I mostly enjoy coming to work and if I didn't enjoy work I would do something positive about finding a job or career that would satisfy me. I usually put a lot of energy into what I do at work.	4
I sometimes enjoy coming to work and I know that I should do something about the bits that do not satisfy me. I sometimes put a lot of energy into what I do at work. This depends on what is happening at the time.	3
I don't like my job and this affects badly the amount of energy I put in to work.	2
I don't like work and would prefer to live a totally lazy life.	1

Positive Attitude Test

THE RESULTS

	Positive				Negative
1. My immediate boss would score my attitude	5	4	3	2	1
2. Management would score my attitude	5	4	3	2	1
3. My team colleagues would score my attitude	5	4	3	2	1
4. I would score myself	5	4	3	2	1
5. When dealing with others I score	5	4	3	2	1
6. When change is introduced to the job I score	5	4	3	2	1
7. My sense of humour I scored	5	4	3	2	1
8. For sensitivity I score	5	4	3	2	1
9. For receiving compliments I score	5	4	3	2	1
10 For enthusiasm towards my job I score	5	4	3	2	1
SCORE	Total score =				
40 – 50	Very Good score – no doubt you have a positive attitude				
30 - 39	Suggests that you may need to be more positive in some areas – have another look at the scores and see where you could make some adjustment				
20 - 29	Suggests a lot of work to be done – Do you Agree?				
Below 20	Oops! Suggests you may need a complete review of where you are at!				

[Want some help? Contact Syd for FREE, no obligation, coaching session?](#)

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