

ATTITUDE INDICATOR

How often in the past 2 months have you experienced the following?

We all have *beliefs* which have been *shaped by past experiences*, whether we are aware of them or not. These affect our way forward, unless interrupted and transformed. We can *choose to re-shape our outlook*, but this takes practise.

0 = never; 2 = most months; 4 = most weeks; 6 = most days

| NO | QUESTION | RATING | | | | | | |
|----|---|--------|---|---|---|---|---|---|
| 1 | I have continually had bad breaks in my life | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I am a naturally negative person | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | People do not usually give me much support | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I find it hard to look on the bright side of things | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I seem to end up with the short stick | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | Life is tough and just not fair | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | Things are likely to get worse in the future | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | Hoping for the best is habitually difficult for me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

SCORING:

(Burnout: 22-48); (Pressure: 14-21); (Balancing: 6-13); (Optimal: 0-5)