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|----------------------------------------------------------------------|---|---|---|---|---|
| ○ I look for good in things. | 1 | 2 | 3 | 4 | 5 |
| ○ I say why I like things
and people, not why I don't. | 1 | 2 | 3 | 4 | 5 |
| ○ I look for the opportunity when
something bad happens. | 1 | 2 | 3 | 4 | 5 |
| ○ I forgive people who have hurt
or offended me. | 1 | 2 | 3 | 4 | 5 |
| ○ If I have nothing nice to say,
I say nothing. | 1 | 2 | 3 | 4 | 5 |
| ○ I encourage myself. | 1 | 2 | 3 | 4 | 5 |
| ○ I use positive- attitude language
I avoid can't and won't. | 1 | 2 | 3 | 4 | 5 |
| ○ I have a positive self-image. | 1 | 2 | 3 | 4 | 5 |
| ○ I exercise choices that build
my positive attitude. | 1 | 2 | 3 | 4 | 5 |
| ○ I help others without expectation
or measuring. | 1 | 2 | 3 | 4 | 5 |
| ○ I am more motivated to help
people than I am to take money. | 1 | 2 | 3 | 4 | 5 |
| ○ I often encourage others to succeed. | 1 | 2 | 3 | 4 | 5 |
| ○ I am happy about myself & my life. | 1 | 2 | 3 | 4 | 5 |
| ○ I work on my attitude everyday. | 1 | 2 | 3 | 4 | 5 |
| ○ I listen to attitude audio tapes
and I attend seminars. | 1 | 2 | 3 | 4 | 5 |
| ○ I ignore people who try to discourage
me or tell me "you can't" | 1 | 2 | 3 | 4 | 5 |
| ○ I count my blessings everyday. | 1 | 2 | 3 | 4 | 5 |
| ○ I believe in myself. | 1 | 2 | 3 | 4 | 5 |

Attitude Scorecard

Part One

1 x _____ = _____

2 x _____ = _____

3 x _____ = _____

4 x _____ = _____

5 x _____ = _____

Part One Total Score _____

Part Two

1 x _____ = _____

2 x _____ = _____

3 x _____ = _____

4 x _____ = _____

5 x _____ = _____

Part Two Total Score _____

TOTAL SCORE _____

Rate your YES! Attitude attributes.

A self-evaluation

Here's How: Circle a number for each attribute that is closest to your present situation. At the end of the test, calculate your total score by adding up the numbers you circled.

1 = Never 2 = Rarely 3 = Sometimes 4 = Frequently 5 = All the Time

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|-------------------------------------------------------------|---|---|---|---|---|
| <input type="radio"/> I wake up happy. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I think YES! first. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I smile. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I am kind to others. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I have deep self-belief. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I am self-confident. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I take responsibility for my actions. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I motivate and inspire myself. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I affirm myself. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I have great spirit. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I think positive at work and at home. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I laugh a lot. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I find humor in all things. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I read positive things. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I'm in a consistent "good mood". | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I desire to be the BEST . | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I love what I do. | 1 | 2 | 3 | 4 | 5 |

- | | | | | | |
|---------------------------------------------------------------|---|---|---|---|---|
| <input type="radio"/> I am happy on the inside. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I encourage and compliment others. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> I look for the good in every situation. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> People like me. | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> People are attracted to me. | 1 | 2 | 3 | 4 | 5 |

TOTAL SCORE _____