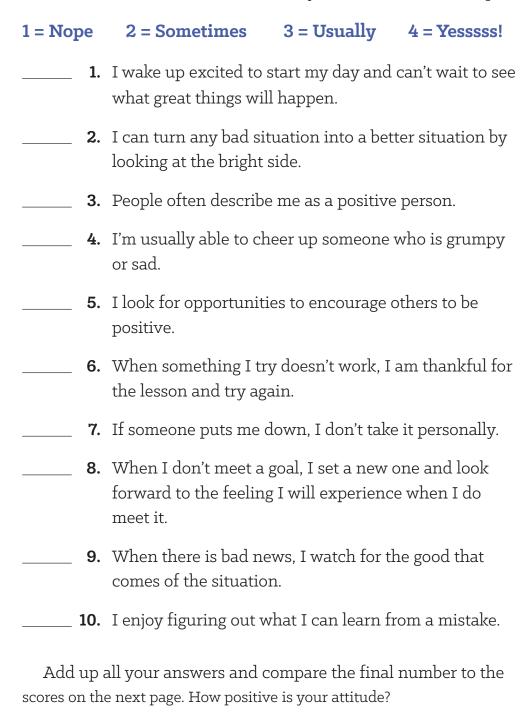
# How Positive Is Your Attitude?

Read each scenario and decide where you stand in each example.



#### How Positive Is Your Attitude? continued

### If you scored 35-40

Wow, you are extremely positive! Keep spreading good vibes.

# If you scored 23-34

Way to go—you are positive and balanced! You are able to see the bright side and maintain good thoughts in tough situations.

# If you scored 22 or below

You may have some negative tendencies, which can keep you from going after your goals or encouraging someone else to work toward their own. But there's good news! You can try some of the strategies in this chapter to give your positive vibes a boost.

Your score on this survey can help you better understand your everyday outlook. No matter what your score is, you can choose to change your thinking. Everyone can! Looking for ways to be more positive can help you feel better about yourself and enjoy life more. It can even help you achieve your goals and be more successful!