

ATTITUDE INDICATOR

Acceptance / Control:

1. *To what degree are you practicing self-acceptance? How accepting are you being of the things and people around you?*
2. *To what degree are you practicing self-control? How much are you trying to control the things and people around you?*

Adaptation / Automation:

1. *To what degree are you practicing adaptability? How comfortable do you feel attempting to handle the unexpected?*
2. *To what degree are you practicing automation? How comfortable do you feel about the systems and or routines you have in place to help you keep your efforts/results consistent?*

Fear / Annoyance:

1. *To what degree do you feel afraid? What's scaring you exactly?*
2. *To what degree do you feel annoyed? What's irritating you exactly?*

Approach / Resolve:

1. *Based on your answers to the above questions, to what degree is your attitude off-balance?*
2. *How can you adjust your balance right now to get back on course and moving forward?*