

Attitude Rating Scale

Where do you rate on the attitude scale? Each spouse should score him/herself on a scale of 1 to 5 for each question. Try to give honest answers!

1 = Almost Never

3 = Sometimes

5 = Usually

How's Your Attitude?	Husband			Wife		
1. Are you realistic, yet optimistic, about the future?	1	3	5	1	3	5
2. Do you approach your work with excitement and enthusiasm?	1	3	5	1	3	5
3. Are you willing to collaborate with your spouse?	1	3	5	1	3	5
4. Are you willing to function outside your job description?	1	3	5	1	3	5
5. Do you stop rumors from growing?	1	3	5	1	3	5
6. Are you passionate about what you do?	1	3	5	1	3	5
7. Do you prevent the stress of your workplace from carrying over into your personal life?	1	3	5	1	3	5
8. Are you willing to experiment with new ideas or new procedures?	1	3	5	1	3	5
9. Do you view problems as challenges in need of solutions?	1	3	5	1	3	5
10. Do you enjoy interacting with clients and customers?	1	3	5	1	3	5
11. Are you willing to coach or mentor others?	1	3	5	1	3	5
12. Do you have a healthy routine/method of dealing with stress?	1	3	5	1	3	5
13. Do you prevent the stress of your personal life from carrying over into your workplace?	1	3	5	1	3	5
14. Are you eager to make calls to clients?	1	3	5	1	3	5
15. Do you genuinely say, "It's my pleasure"?	1	3	5	1	3	5
Total Add up the numbers circled.						
Scoring: If you scored . . .						
1–25 = Cloudy overhead						
26–50 = Rays of sunshine filter through the clouds						
51–75 = You are a ray of sunshine to yourself and others						

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