

Session 2 Activity 1

The attitude inventory

- Write down the name of someone you think typically has a good attitude. Why do they or what about them makes you think that?

- Write down the name of someone you think typically has a lousy or bad attitude. How do you know they have a bad attitude?

- When you think of the person with a bad attitude, what things or who does that person usually point to as the reason they are in a bad mood?

- Do you think you can have a bad attitude one day and a good one the next? Why or why not? What influences that?

- Do you have to have a bad attitude if things aren't going your way or do you think it's possible to have a good attitude even when bad stuff is happening? Tell me why.

- Are there things in your life you'd like to change to help you have a more positive attitude?

- If negative stuff is happening to you, are there things you can do to keep your outlook positive? Name a few of them.