

Looking for a Job
Know Your Interests and Skills:
Will the Real "You" Please Step Forward?

Answer the questions to help you understand how you feel about yourself.

This isn't a test — it's a discovery mission into who you are. Be honest with yourself and you'll get the best results. Write the number that best applies to you in the fourth column. And remember, there are no right or wrong answers.

	Mostly	Sometimes	Almost Never	Your Answer
I give myself credit.	1	2	3	
I look for the positive side in situations.	1	2	3	
I know my strengths.	1	2	3	
I identify my weak areas and see them as challenges to work on.	1	2	3	
I learn from my mistakes.	1	2	3	
I know what I want from life.	1	2	3	
I can put my wishes into words.	1	2	3	
I can set limits or boundaries so that others respect them.	1	2	3	
I speak up when I disagree with someone, or when I believe something is wrong.	1	2	3	
I listen to, and try to understand, other people's points of view.	1	2	3	
I deal with anger constructively.	1	2	3	
I control my temper.	1	2	3	
If I criticize myself, I can stop.	1	2	3	
I usually see myself as the person I want to be.	1	2	3	
I say no to drugs or alcohol, even when I am feeling stressed out.	1	2	3	
I can resolve conflicts both within myself and with others.	1	2	3	
I compare my behavior today with what I did in the past, instead of with other people's behavior.	1	2	3	
Total for "Your Answer" column:				

How did you do?

To figure out your *attitude*, add up your answers in the fourth column and write your total at the bottom of the table. If you score:

17-24 You have a healthy attitude.

25-42 Your attitude is okay, but you need to focus more on the positive.

43-51 Your attitude needs some attention.

Positive Attitude Tips

Attitude is your choice - think positive! Here are some tips to a positive attitude:

- Think about life as an adventure filled with exciting unknowns.
- Look for the best in every situation. Where is the plus? Is there opportunity here?
- Decide what you want in life and stay true to your values and beliefs.
- Avoid using 'quick fixes' as solutions to problems.
- Know your strengths and remind yourself of them every day.
- Identify your weaknesses -see them as limitations rather than flaws.
- Build on your strengths and find ways to reduce your limitations.
- Learn from your mistakes. Plan a different way to handle it next time.
- Speak up for yourself and put your pride into words.
- Say what you feel.
- Always try to speak the truth.
- Be proud of who you are.