Positive attitude

...showing that you are confident and have a good outlook on life.

Cory failed a test at the beginning of his pre-trades program. Although he was upset that he got such a low mark, he realized that it was his own fault. He knew that he hadn't really studied that hard, so there was no point blaming the instructor. Cory knew he wanted to complete the program so he could eventually become an electrician.

Cory decided to work hard to improve his marks and set a goal for the next exam. Whenever he felt distracted from his studies or wanted to join his friends partying, he reminded himself of his goal. He set aside regular study time and asked the instructor for help in the areas where he had previously done poorly. In fact, the positive changes in Cory's attitude not only helped him successfully graduate from the program but also receive a good recommendation for an apprenticeship position.

You have a positive attitude when you...

- believe in your ability to do a job well
- know your own strengths and recognize your limits
- show respect for yourself and others
- trust yourself and others
- control your emotions
- think before speaking or acting
- avoid blaming others for things that go wrong
- recognize negative influences
- expect positive results
- have the courage to try new things
- smile and are friendly
- speak up for yourself.

NEED MORE? Visit the ALIS website at **alis.alberta.ca.**

- For more information about enhancing your positive beliefs, attitudes and skills, see the publication **Positive Works II.**
- For a quick questionnaire on how positive your attitude is, see the tip sheet **How Does Your Attitude Measure Up?**
- For help with developing a positive attitude toward getting and keeping work, see the tip sheet **Getting and Keeping the Work You Want.**

Find these resources online or see the Resource section for more information.

My Examples:

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