

ATTITUDE AWARENESS WORKSHEET

WORK PLACE IDEAS # 1

USE THESE TO STIMULATE DISCUSSION & DISCOVERY -- HUMOR IS GOOD -- YOU MAY NOT ARGUE OR JUDGE OR COMPETE



BASHFUL

1

BORED



BLISSFUL



OFFICE
PRAISE



CONCENTRATING

2

CONFIDENT



CAUTIOUS



NEW
ASSIGNMENT



INDIFFERENT

3

INTERESTED



IMPRESSED



OTHERS
SUCCESS



AGONIZED

4

ANXIOUS



APOLOGETIC



IMPORTANT
DECISIONS



EXASPERATED

5

EXHAUSTED



ENTHUSIASTIC



REACTION TO
WORKLOAD



DISAPPOINTED

6

DISAPPROVING



DISBELIEVING



OFFICE
POLITICS



INDIFFERENT

7

INNOCENT



INTERESTED



OFFICE
GOSSIP



NAUSEATED

8

NERVOUS



NONCHALANT



GETTING AN
EVALUATION



OVERWORKED

9

PRESSURE



HYSTERICAL



WORKLOAD
RESPONSE



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.