

## Attitude Inventory Instructions by Matt Booth [matt@mattbooth.com](mailto:matt@mattbooth.com) 563-590-9693

Enhance your environment by evaluating the attitudes of those around you. This exercise can be conducted anywhere—at work, at home, or in team settings. You'll need a pen and paper to begin.

### Step 1: Identify Your Circle

- List the first names of the five people you interact with most frequently across different periods: daily, weekly, monthly, and yearly. Consider all forms of communication, such as emails, texts, phone calls, and social media interactions. Note: Please do not include pets in this list.

### Step 2: Assess Their Influence

- Evaluate the attitude of each person listed. Assign a score of 100% for consistently positive individuals and 0% for those who are always negative. Use this scale to measure the general positivity or negativity in their demeanor.

### Step 3: Self-Evaluation

- Add your name to the bottom of the list and rate your attitude using the same percentage scale.

### Step 4: Compare and Reflect

- Calculate the average attitude score of your top five contacts and compare it to your score. Reflect on the influence your circle has on you.

### Understanding Attitude Influence

- Recognize that attitudes are contagious. The average attitude among your closest contacts can significantly influence your own. If your environment is predominantly negative, it's likely to affect your outlook. Aim to surround yourself with positive, driven, and supportive individuals.

### Action Steps for Positive Influence

1. **Disassociate:** Consider distancing yourself from consistently negative influences. This decision should be made carefully, recognizing its potential difficulty.
2. **Limit Association:** Allocate more time to positive interactions and minimize time spent with negative ones. Prioritize your time to foster positive engagements.
3. **Expand Associations:** Seek out and connect with more positive individuals. Consider inviting them for coffee or a casual meet-up to strengthen your circle of positivity.

By conducting this attitude inventory, you can identify whether your current relationships uplift or hinder your growth. Adjust your social circle accordingly to cultivate a more positive and supportive environment.