

Lesson 04: Attitude-Critical Thinking

Lesson Objectives:

- Students will understand how to maintain a positive attitude.
Students will learn how attitudes affect your job performance.

Maintain a Positive attitude

*"A strong positive attitude will create more miracles than any wonder drug."
-Patricia Neal*

"A complainless weekend ... how sweet the sound."

complainless: (adj.) 1. to be free of complaints
2. a pleasure to be around

4 ways to be ComplainLess...

1. **Be aware.** Recognize your typical paths to complaining - what (who) sparks your tendency to gripe. Minimize your exposure to them (eliminating those 'sparks' altogether may not always be realistic or the best thing). Know that your grumbling is a complete waste of energy.
2. **Be thankful.** Regularly reflect on all the good in your life (people, opportunities, things). Understand and enjoy how lucky you really are. Be entitled to nothing.
3. **Pause before you begin.** Clip a complaint as you feel it coming. Put a smile or thoughtful statement in its path. Blame no one. Blame nothing.
4. **Be accountable.** Focus on solving problems rather than having them (especially with customers). Set the example for others and recommit when you slip. Care for yourself and create a positive habit.

Here is a great reminder of how we might approach each day.



Sam Parker
with permission Sparker@InspireYourPeople.com

Attitude relates to how you think, do and feel towards yourself, others, and your workplace. When things are going well it is easier to think, act, and feel positive. Please read the articles below giving tips and small steps to take to create and maintain a positive attitude.

The first article, *The Trick to Having a Positive Attitude* is linked with permission of EzineArticles.com and talks about how to accept negative thoughts as a path to a more positive attitude.

[The Trick to Having a Positive Attitude](#)

By Trevor Pirtle

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."-**Herm Albright**

The next article linked below is taken as uncopyrighted material from the website <http://zenhabits.net>. As you can see Leo Baubauta has become a favorite blogger of

mine. In this article he succinctly puts how to be a positive person (in under 300 words).

[How to Be a Positive Person, in Under 300 Words](#)
by Leo Baubauta

Learn how attitudes affect your job performance

"Pleasure in the job puts perfection in the work." -Aristotle

The next article Attitude Affecting Work Effort is linked with permission of EzineArticles.com. The writer uses a parable to explain how attitude affects work effort.

[Attitude Affecting Work Effort](#)
By Warren Dent

Grading Rubric:

To get a 10: All answers are correct the first time, or within first revision. You can have no grammatical or structural errors, within the first revision. Answer in complete sentences; all lesson requirements have been met.

To get a 9: You can have 1 incorrect answer. You can have 2 grammatical errors (spelling, punctuation, capitalization, wrong word, etc.) Answer in complete sentences; all lesson requirements have been met.

To get an 8: You can have 2 incorrect answers. You can have 3 grammatical errors (spelling, punctuation, capitalization, wrong word, etc.). Answer in complete sentences; all lesson requirements have been met.

To get a 7: You can have 3 incorrect answers. You can have 4 minor grammatical errors (spelling, punctuation, capitalization, wrong word, etc.). Answer in complete sentences; all lesson requirements have been met.

To get a 6: You can have 4 incorrect answers. You can have 5 minor grammatical errors (spelling, punctuation, capitalization, wrong word, etc.). Answer in complete sentences; lesson requirements have not been met or missed.

To get a 5: 6 or more incorrect answers. Plagiarism - purposeful or mistaken, which will lower your final grade for the course (so be very careful when posting your work!); lack of effort, disrespect, or attitude (we are here to communicate with you if you don't understand something); or 6 or more errors of any kind. Answer in complete sentences; lesson requirements have not been met.

Note: For this class it is necessary to post the questions over each answer. Failure to do so will result in asking for a revision. You will also be given two chances to revise your work after your initial post.

Assignment:

Please be sure to post the questions over each answer when you submit your work. All answers must be written in complete sentences, using proper grammar.

Do not submit text that you have copied from sources, including websites. All of your work should be in your own words. Using copied text would be considered plagiarism. For more information, review our page on [Plagiarism and Citation](#).

1. Give an example of a situation that created a challenge to being positive and describe how you were able to keep or lost your positive attitude?
2. Identify ways described in the articles you read above that have helped you to maintain a positive attitude.
3. Identify tips in the article on ways to maintain a positive attitude that you would like to try and develop.
4. Argue that your work attitude affects or does not affect your job performance. If you have experience working cite examples from your personal experience. If not, cite sources for your argument.

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