

Attitude Adoption Scale

Instructions

Fill in the bubbles on the attitudes you ascribe to and total the number selected.

Then indicate your degree of exhibiting the associated behaviors, where:

0=I do not exhibit the associated behaviors

1=Occasionally exhibit the associated behaviors

2=Generally exhibit the associated behaviors

3=Almost always exhibit the associated behaviors

Total your behavior compliance scores.

<input type="radio"/> ____ Loving	<input type="radio"/> ____ Accepting/Inclusive
<input type="radio"/> ____ Fair/Just	<input type="radio"/> ____ Involved
<input type="radio"/> ____ Kind	<input type="radio"/> ____ Peaceful
<input type="radio"/> ____ Honest/Truthful	<input type="radio"/> ____ Lawful
<input type="radio"/> ____ Ethical	<input type="radio"/> ____ Curious/Information seeking
<input type="radio"/> ____ Caring/Compassionate	<input type="radio"/> ____ Optimistic but realistic
<input type="radio"/> ____ Sharing	<input type="radio"/> ____ Respectful of science and the facts
<input type="radio"/> ____ Helpful	<input type="radio"/> ____ Problem solver
<input type="radio"/> ____ Respectful	<input type="radio"/> ____ Evolving and growing
<input type="radio"/> ____ Forgiving	<input type="radio"/> ____ Advocate of human rights
<input type="radio"/> ____ Thankful/Grateful	<input type="radio"/> ____ Steward of the Earth

Total attitudes selected (range 0 to 22): ____

Behavior compliance score (range 0 to 66): ____

Taking action

Consider what you would need to do to increase your scores to at least 20 attitudes selected and 40 for behavior compliance.

Circle those attitudes that you want to work on during the next 12 months.

Record your improvement plan on the appropriate “Notes on” pages in the book.