

It's about Me... or is it?

How ready for work is your attitude? On a scale of 1 to 5, with 5 being best, rate your attitude. Will you be someone an employer can trust to be professional? Be totally honest with yourself when you answer.

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|---|---|---|---|---|---|
| 1. I do my best in my job no matter how much I'm being paid. | 1 | 2 | 3 | 4 | 5 |
| 2. I look for good in others and don't judge them before I know them well. | 1 | 2 | 3 | 4 | 5 |
| 3. I always follow the rules where I work. | 1 | 2 | 3 | 4 | 5 |
| 4. I accept what my boss tells me to do, even when I don't like it. | 1 | 2 | 3 | 4 | 5 |
| 5. I work cooperatively with people who are different than me. | 1 | 2 | 3 | 4 | 5 |
| 6. When I have nothing to do at work, I fill the time by helping others or finding something that needs to be done. | 1 | 2 | 3 | 4 | 5 |
| 7. I always correct my mistakes before moving on to another task. | 1 | 2 | 3 | 4 | 5 |
| 8. It feels good to praise other people who are successful. | 1 | 2 | 3 | 4 | 5 |
| 9. Even when I wish I had a bigger job, I do my best in the job I have. | 1 | 2 | 3 | 4 | 5 |
| 10. People know they can trust me to do my share of the work. | 1 | 2 | 3 | 4 | 5 |
| 11. I always tell the truth, even when I want to hedge. | 1 | 2 | 3 | 4 | 5 |
| 12. I like it when other people tell me a better way to do something. | 1 | 2 | 3 | 4 | 5 |
| 13. People know they can count on me to do what I say I will do. | 1 | 2 | 3 | 4 | 5 |
| 14. I keep hurtful comments to myself, even when someone insults me. | 1 | 2 | 3 | 4 | 5 |
| 15. I give complete, non-evasive answers to all questions. | 1 | 2 | 3 | 4 | 5 |

Add the circled numbers: **Total Score:** _____ of 75 possible

Action: Think about your self-analysis. What traits do you need to change for a rewarding and successful career?
(Activity created by Career Solutions Publishing – careersolutionspublishing.com)

What is a “professional”? _____

Definitions & Characteristics:

1 -- <https://en.wikipedia.org/wiki/Professional>

2 -- <http://www.techrepublic.com/blog/10-things/10-things-that-define-a-true-professional/>

3 -- <http://drivemomcrazy.com/2011/what-is-a-professional-how-do-you-act-like-a-professional-my-take-on-the-subject/comment-page-1/>

4 -- <http://money.usnews.com/money/blogs/outside-voices-careers/2013/07/22/what-does-it-mean-to-be-professional-at-work>

“Professionalism fosters respect and trust among team members, customers, & management and includes willing compliance with high ethical standards.”