

EXCELLENCE - COMMIT TO GROW YOUR POTENTIAL

Excellence is having a firm commitment to grow your potential through being committed to life-long learning. You believe in stretching and challenging yourself by giving 100 percent of your best in everything you do. Taking pride in your endeavors both in work and life, you recognize that no accomplishment is insignificant but rather, a contribution to the whole. **Choose to show up, be present and give 100 percent of your best self to everything you do.**

Jump-starting Your Attitude

If someone asked you to describe your own attitude, what would you tell them about yourself? Do you have a positive or negative attitude toward your work and/or life? Write your thoughts in the box below.

Think of various times in which you exhibited positive attitude in your work environment, and relate four examples.

1. _____

2. _____

3. _____

4. _____

Pick a colleague with great attitude and interview them to capture the five attributes that make them stand out. Write a paragraph about how you felt being around them during the interview.

Five attributes that makes _____ stand out to me are:

How I felt around _____ during the interview/chat:

*Over the next month, scan newspapers and magazines. Search for as many examples of people with positive attitudes as you can find. Cut out the relevant articles and share them with your team. Create a list of what you believe are the qualities that make up a positive attitude. Keep these posted at your work-station or another key area to help keep you motivated to **grow your potential**.*