Attitude and Respect 1

Attitude Toward Yourself

♦ Think well of yourself personally—self-esteem, self-confidence.
♦ Think well of yourself professionally—competency.
♦ Project a professional image at all times.
♦ Appreciate and understand the importance of the work that you do.
♦ Seek professional self-development on your own—don't wait to be told!
♦ Carefully select professional and/or community organizations for membership.
♦ Consider the value system of others while examining your own values.
♦ Realize your personal worth.

If you don't think well of yourself, it is difficult for others to respect you.

1. List 4 of your **positive traits** and explain how each trait will benefit you in school or your future job.

2. Write a brief statement about why you are valuable. (Yes, you are very valuable).