



Attitude Check Worksheet for Leaders

Here are four practical ways to keep your attitudes and emotions in check:

1. Ask a group of your closest friends, ministry partners, and/or your coach to help you monitor your attitudes. Give them a brief rating system; ask them for support and prayer as well as consistent feedback.
2. Record in a journal all the circumstances that surround caustic attitudes and emotions. *Transforming/renewing your thoughts.*
Ask yourself the following questions:
 - a. How am I explaining the events that are happening to me?
 - b. How much of this explanation is true?
 - c. How does this explanation help me become a better leader?
 - d. What are the other possible explanations?
 - e. Which explanation will bring about a healthier attitude?
3. Seek God's wisdom (rather than worldly advice) through prayer and by reading His word. Debrief with your coach or confidant about the discoveries you've made.
4. Work with a coach on getting to the root of your caustic attitudes and emotions and develop a plan to overcome them.