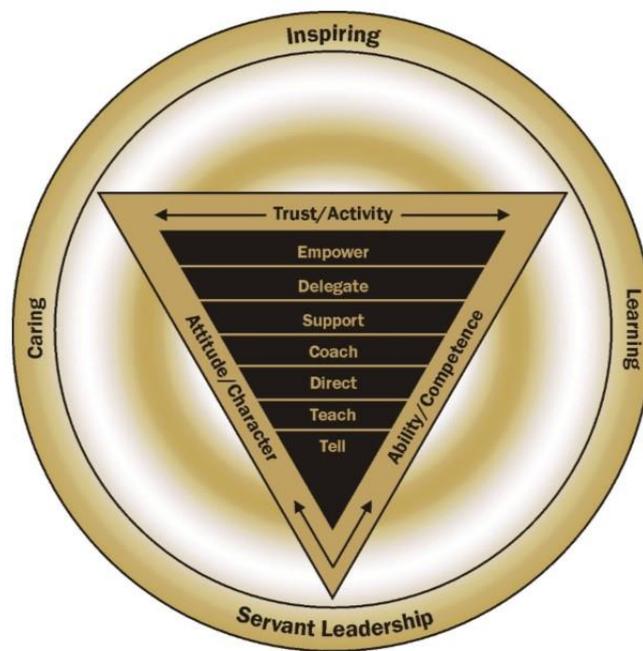


ASSESS YOUR ATTITUDE & ABILITY

IMPROVE YOUR
COMMITMENT, COURAGE, AND CONFIDENCE!



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For additional resources for you, colleagues, and others you serve:

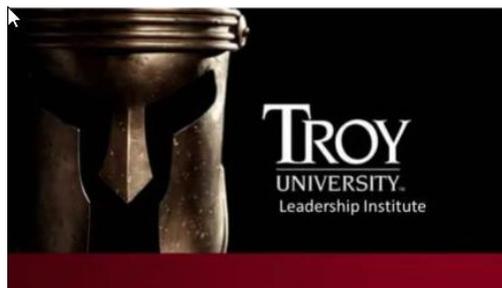
Life Leaders at Troy web page at Life Leaders Institute (see Events or Association)

Life Leaders Journal (published on WordPress)

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Contact Dr. David Dyson for more: DDyson@Troy.edu



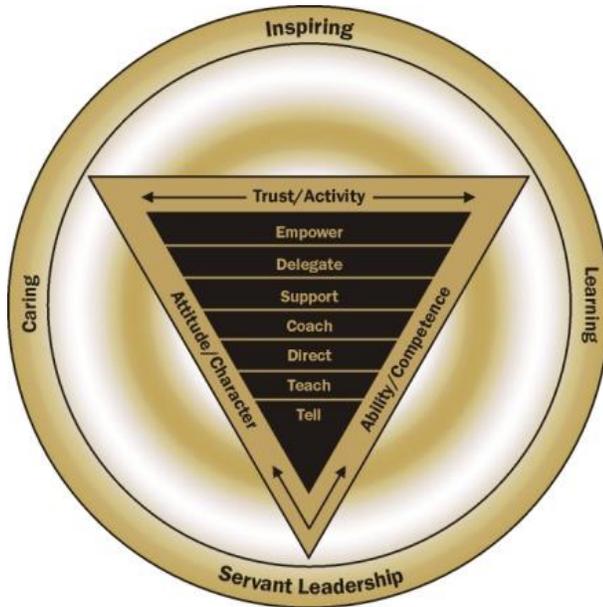
Developing higher levels of Attitude and Ability helps us earn higher levels of empowerment.

7 Components of Attitude

Callings & Choices – Commitment – Character – Courage – Confidence – Connection – Charisma

7 Components of Ability

Experience – Practice – Habits – Education – Training – Self-study – Observation



*Attitude, Skills, and Knowledge
is summarized as Attitude and Ability.
“ASK and you shall receive.”*

The confidence (trust) we believe for our capacities, plus the trust believed by a leader for our attitude and ability, determines the levels of empowerment we earn for each major role or activity. Confidence (trust) for our Attitude and Ability by a leader guides the level of leadership provided – such as directing or delegating. This applies at home, work, volunteerism...in all 7 areas of life.

Read this message before starting your assessment.

Mindset of Improvement:

Stating our intent, looking in the mirror and honestly assessing who we are and what we need, getting feedback, and requesting help can guide us to improved insight and renewed focus. This process can help us understand what to start, stop, or change to get desired results and rewards better. Look forward to this assessment because next time we can be better.

Strategy for development, dealing with disappointment, and decision-making:

1. **Admit** the truth about the person you feel called to be – where you are, where you desire to be, the barriers as well as the solutions.
2. **Accept** the impact of your action or inaction – envision results if you stay the same and if you take action – that should be motivating.
3. **Act** to identify how you can do your best, what you need from others, and what you will do.

Core Beliefs and Actions:

1. The direction in which we are moving proves more important than where we have been.
2. Life Leaders, true professionals, and servant leaders seek to improve – to earn empowerment.
3. Assessing and developing to be a *best-self* is part of the purpose of life.
4. Identifying and fulfilling callings, gifts, talents, or strengths is part of good stewardship.
5. Assess where you should improve and create a plan of action you can start and continue.
6. Admit what you need from others, state intent for action and requests, and seek feedback.
7. Take action on callings with belief and persistence, improving and adjusting over time.

Assessment of My Attitude and Ability

Purpose: To assess yourself for the 7 *Components of Attitude and Ability* needed for earning trust for empowerment.

Instructions: Read each statement and honestly assess where you are **Now** and the level you **Desire**.

Scale: Use the system common to most people, school: Circle A-F (A=excellent, B=good, C=satisfactory, D=poor, F=failure)

<u>Trust in Myself</u> for the 7 Components of Attitude	Now	Desire
1. Choices —I identify my callings and write plans that inspire and guide me.	ABCDF	ABCDF
2. Commitment —I am dedicated to my callings, profession, and other priorities—and pursue them with passion.	ABCDF	ABCDF
3. Character —I do what I say I will, with good intent, keeping promises to self and others—even when no one else is watching.	ABCDF	ABCDF
4. Courage —I act on what is important even before feeling confident; I face fear.	ABCDF	ABCDF
5. Confidence —I believe in my character and competence (attitude, skills, knowledge).	ABCDF	ABCDF
6. Connection —I feel connected to the people I serve/work with and work we fulfill.	ABCDF	ABCDF
7. Charisma —I attract people who match on goals and values to work with me and inspire them to develop, serve, and succeed.	ABCDF	ABCDF

<u>Trust in Myself</u> for the 7 Components of Ability	Now	Desire
1. Experience —I have done what I need to do enough to do it well.	ABCDF	ABCDF
2. Practice —I prepare in advance for performing important actions.	ABCDF	ABCDF
3. Habits/Instincts —I follow habits that help me develop instincts to do the right things well, automatically, even under stress.	ABCDF	ABCDF
4. Education —I have the academic preparation needed for my profession and other important areas of life.	ABCDF	ABCDF
5. Training —I get instruction and coaching related to my job priorities and to life leadership skills (like planning, motivation, time management) that help me work/live effectively.	ABCDF	ABCDF
6. Self-study —I regularly learn and improve attitude, skills, and knowledge about key areas related to my callings and capacities and learn from successful people.	ABCDF	ABCDF
7. Observation —I watch masters so I can emulate their plans, actions, and results.	ABCDF	ABCDF

Plan for Action

This tool can help you identify areas needing priority attention, barriers, and solutions to achieve higher levels of attitude and ability for Trust in Self and with Others for Earned Empowerment.

Personal Leadership

(Needed by me to earn the Next Level)

List priority areas that merit development to earn A-B/next level attitude and ability to build your capacity. Consider your *best-self*, current self, strengths to develop that could help you improve, develop distinctive abilities. Summarize **results** you seek and **actions** that could help you succeed.

Areas to develop

Actions and Habits Needed by Me

List key barriers/weaknesses that keep you from succeeding and/or threaten your ability. List **actions and habits** you could start, stop, or improve to help you develop yourself and overcome these barriers. For enhanced motivation, admit what *good* results are possible and what *bad* could happen if you do not act.

Barriers/Weaknesses

Actions and Habits Needed by Me

Interpersonal and Organizational Leadership

(Needed from Others to help me Succeed/Earn the Next Level)

After you have identified what you can do, **identify/admit** what you need/want from your **supervisory leader** or **team** or anyone else to succeed at a higher level or overcome a barrier. Be honest with yourself, then you can decide how much of this to share and request with others.

Needed from my **Leader**

Needed from my **Peers and other Team members**

Needed from my **Organization**

Needed from my **Family/Friends/Others**

You should have priority results and actions listed that, once followed, help you achieve higher levels of attitude and ability. Therefore, take optimistic action, believing you will succeed if you persist long enough. Update your plan. Share all or parts with people needed to help you succeed.