

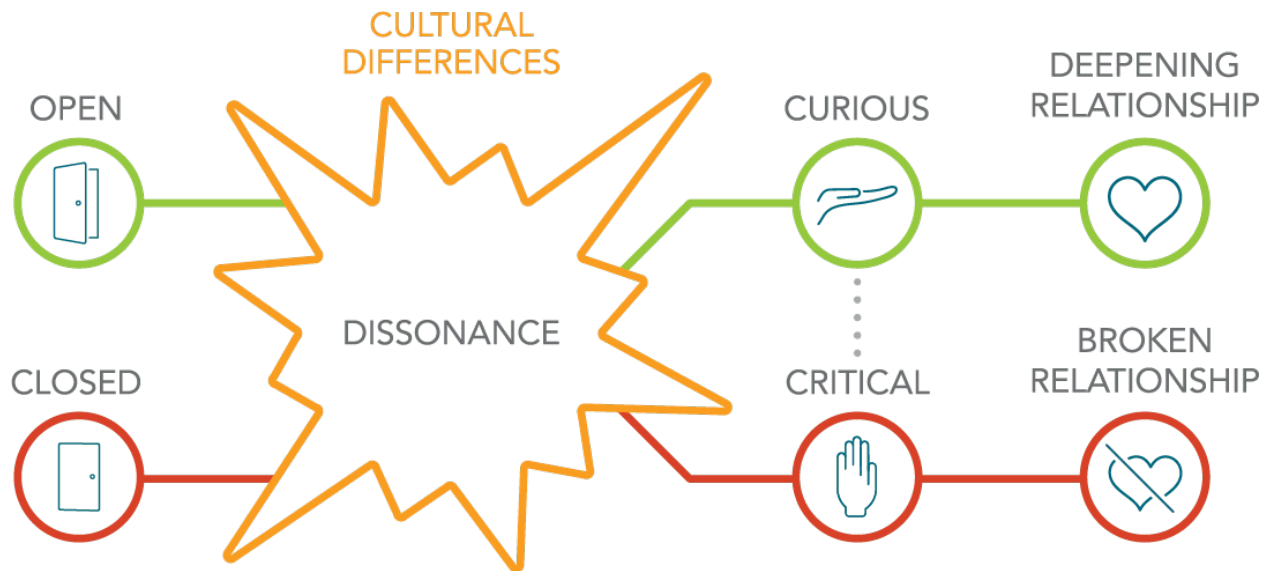
## Entry Attitude Self-Diagnosis Worksheet

One way to cultivate an attitude of openness is to engage in intentional reflection and prayer. Using a scale of one to five, (1) Very often (2) Often (3) Sometimes (4) Rarely (5) Never, which of these attitudes have you noticed in your life, ministry, and relationships?

After going through this worksheet, take time to pray and ask the Lord to reveal your honest tendencies.

Healthy Entry Attitude	What it Looks Like	How I Am Doing (1-5)
<b>Trust</b>	Assuming the best intentions behind others' behaviors, especially if I am unsure, confused, or feeling dissonance. Giving others the benefit of the doubt as much as possible.	
<b>Acceptance</b>	Recognizing others for who they are. Not demanding that they act in a certain way or in accordance to my cultural or personal preference.	
<b>Adaptability</b>	Being willing to adjust my expectations, my preferred ways of working/communicating, my comfort, etc. Having the ability to be flexible, especially when a situation, process, or interaction doesn't go the way I planned or hoped.	

Unhealthy Entry Attitude	What it Looks Like	How I Am Doing (1-5)
<b>Suspicion</b>	Assuming the worst intentions behind others' behaviors. This is the opposite of trust.	
<b>Fear</b>	Believing that something or someone is dangerous, likely to cause pain or a threat.	
<b>Superiority</b>	Believing that my way or my cultural values are inherently better than others. Having a strong sense of being right in most everything. Believing that others are not different; they are wrong. Viewing my way as "normal" or "common sense" and not being able to see other ways.	



**Reflect**

What emotions do you feel after doing this exercise? Frustration? Encouragement? Confusion?

Which Red-Line attitudes do you struggle with most? Why do you think that is and what can you do to cultivate a different attitude?

What is one Green-Line attitude that you would like to cultivate this week?

Who is one person you can ask to pray for you and keep you accountable?