

Item	Topic	Relevance Ratings 1=Least, 3=Most					Total
		RC	AP	JS	LH	SB	
J-1	Your perception is your reality.	3	3	2	3		11
J-2	Adapt to your situation or die (figuratively or literally).	3	2	3	3		11
J-3	Attitude is everything.	2	3	2	3		10
J-4	Assume positive intent.	1	3	2	3		9
J-5	Don't give into fear... that leads to the dark side.	3	3	3	3		12
J-6	The worst enemies you'll face are those you bring with you.	1	2	1	2		6
J-7	Use the Force. (intuition – tie to EQ)	3	2	2	2		9
A-1	Locate a mentor or co-worker who inspires you and from whom you can learn.	2	2	2	1		7
A-2	Try to better understand the motivations of coworkers with whom you have had conflicts in the past.	1	1	2	1		5
A-3	Fully understand your role/function within a team or organization	3	2	2	3		10
A-4	Find a way to successfully communicate to those whom you feel you have had trouble communicating with in the past.	3	3	2	3		11
A-5	Approach tasks methodically and logically.	1	2	1	1		5
A-6	Always keep the end result in sharp focus! Focus on results. Even if the end result is the destruction of an entire planet and it's population.	2	3	3	3		11
A-7	Focus on accepting responsibility not assigning blame	1	2	3	3		9
L-1	Don't resist.	2	3	2	3		10
L-2	Find the positive.	3	2	2	3		10
L-3	Create a list.	1	2	1	1		5
L-4	Familiarize quickly.	1	1	1	3		6
L-5	Consider others.	2	1	2	2		7
L-6	Focus on one change at a time.	1	2	1	1		5
L-7	Exercise patience with yourself.	3	3	2	2		10
L-8	Ask productive questions.	3	3	3	3		12
L-9	Take control.	3	3	3	3		12
L-10	Don't get too comfortable.	1	1	2	1		5
S-1	Focus on what I can control	3	3	3	3		12
S-2	Let go of the negative	2	2	2	1		7
S-3	Set achievable goals	3	3	1	3		10
S-4	Monitor feelings and emotion	2	2	2	3		9
S-5	Spend time in self-reflection	2	2	3	1		8

S-6	Be grateful for the process	1	1	1	1	4
S-7	Give self/internal kudos when goals are achieved	2	3	2	2	9
R-1	Express sadness, loss, anxiety about the future	2	3	2	3	10
R-2	Watch out for unrealistic expectations	1	1	1	1	4
R-3	Don't let yourself or others be abused	1	2	1	1	5
R-4	Acknowledge any increased pressures, demands, or workloads	1	1	1	1	4
R-5	Protect your leisure time	2	1	1	1	5
R-6	Don't ignore your family	2	2	1	1	6
R-7	Don't turn to alcohol, drugs, food or other chemical coping strategies	2	2	1	1	6
R-8	Expand your value to the company	3	3	3	3	12
R-9	Celebrate your accomplishments	2	2	2	3	9
R-10	Improve lines of communication	3	3	2	3	11
R-11	Learn from the experiences of others	3	3	2	2	10
R-12	Rise to the challenge	3	3	3	3	12
R-13	Never become complacent	2	2	3	3	10