



## Group Attitude Mapping Worksheet

1. Select a group of people (e.g., Asian-Americans, Indian-American, African-American, sales, operations, etc.) who you work with in your organization and quickly record your **thoughts and beliefs** regarding this group of people below:
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2. Next, read each thought and belief and **assess it** as either positive (P), neutral (N), or negative (NEG).
3. Now, **add the number of** positive thoughts and beliefs, negative thoughts and beliefs, and neutral thoughts and beliefs.
4. Compare the **three numbers**. The thought/belief category (positive, neutral, or negative) with the highest number generally reflects your view or attitude regarding this group.
5. If most of your thoughts and beliefs about this group of people are neutral or negative, ask yourself if your thoughts and beliefs are based on **actual experience** and/or **knowledge**.
6. How has your attitude towards the group **impacted your behavior** when interacting with members of this group? Would you want to be treated this way?
7. What **actions can you take** to enhance your knowledge, experience, and relationships with members of this group?
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8. Select one action from number 7 above, by circling it, and commit to **implementing it today**.