



Optimism

“In a Nutshell”

When something positive happens in your life, stop to analyse your thought process for a moment. Are you giving yourself due credit for making it happen? Think of all the strengths you possess and ways you contributed, both directly and indirectly, to make this event occur.

For example, if you did really well in an exam, don't just think of how great it is that you were prepared, but also think of how your intelligence and dedication played a role.

Think of other areas of your life that could be affected by this good event. Also, think of how the strengths you possess that caused this good thing to happen can also cause other positive events in your life.

For example, what other good things can come from your intelligence, dedication, and ability to effectively prepare for tasks?

Imagine what future possibilities could be in store. Because you hold the key to your success, should not you expect to do well again?

When negative events occur, think of the extenuating circumstances that could have contributed to this happening. If you do poorly on an exam, for example, were you especially busy in the preceding week? Were you somewhat sleep deprived? What outside circumstances contributed to your failure? Keep in mind that this is not necessarily a reflection of personal weakness.

Also remember that you'll have endless opportunities to do better in the future. Think of your next potential success, or other areas where you can excel.

Tips on staying optimistic:

The key to optimism is to maximize your successes and minimize your failures.

It is beneficial to look honestly at your shortcomings so you can work on them, but focusing on your strengths can never hurt.

Keep in mind that the more you practice challenging your thought patterns, the more automatic it will become. Do not expect major changes in thinking right away, but do expect them to become ingrained over time.

Always remember that virtually any failure can be a learning experience, and an important step toward your next success

Optimism – and pessimism – are tendencies, sets of learnt reactions that govern how we respond to adverse experiences.

