

STRATEGIES TO BUILD OPTIMISM

Optimism is the belief that the future will hold a positive outcome. Optimism is integral for allowing people to reach goals and believing that new things are possible. Positive events are perceived as personal, permanent and pervasive (having permanent causes).

REALISTIC and FLEXIBLE!

OPTIMISM TIPS	EASY THINGS TO DO
Identify and get help to identify self-defeating beliefs when faced with challenges.	Look for humour everyday
Evaluate the accuracy of beliefs. Ask oneself, does this pass the test of reasonableness? Change focus as needed!	Plan, plan, plan for the worst. Hope for the best. It almost always turns out better than imagined. Worry is needless, not helpful.
Try to replace dysfunctional beliefs with more constructive and accurate beliefs.	Give thanks and express appreciation often. Say – “You’re welcome” rather than “no worries”
When faced with perceived failure, think that there are no defeats, only learning opportunities.	Volunteer – help someone else.
Accept and forgive the past, appreciate the present, and look for opportunity in the future.	Have an understanding that not every day will be perfect and that’s okay.
Take calculated risks that align to your goals.	Take credit for success and control of destiny.
Old purpose not working? Find a new purpose.	Believe in continuous improvement. Commit to progress every day.
Find ways to ‘sift’ through the ‘noise’.	Have an attitude of gratitude, praise giving and courage. Appreciate the moment
Trust, more than mistrust.	Provide honest, positive and constructive feedback to all those around you.