



Optimism

Optimists always see the glass half full. They believe good things are always occurring and bad things happen on occasion. They see difficult situations as opportunities to do something great and will work harder to make an impact. Their reality is essentially good. Optimism requires flexibility and will impact your self-regard, self-actualization, stress tolerance, and happiness.

It's simply a matter of always looking on the bright side, finding the silver lining. If you look for things that are going well you'll increase your optimism. Why, just in reading this tip you're breathing without even thinking about it, you're able to see, you're able to read and comprehend – I could go on and on.

Things to practice: Take time each day to journal or share with someone at least three things you are grateful for. To really work at it, try listing 10 things!