



## BUILDING OPTIMISM

Practicing optimism doesn't mean avoiding the ills in the world or negative information. In fact, research shows that optimists are more, not less, vigilant about risks and threats. Perhaps that is because they can deal with them and don't have to deny them. They are also aware that good things depend on their efforts and they don't have to wait around for the world to fix things for them.

If you are optimistic about your goals for yourself and the world, then you are more likely to put effort into achieving them, so optimism is self-fulfilling. You will also keep trying even when you perceive the obstacles and setbacks. Research shows that optimists are more likely to persevere even in the face of difficulty.

In other words, when faced with huge world problems, optimists are both more psychologically resilient and more likely to embark on projects to help the world. It's better for the world and for yourself if you are an optimist. Meanwhile, all it takes to be an optimist is work on maintaining an optimistic outlook—keeping your eye on the clear paths instead of the obstacles.

1. **Create something to look forward to.** Think of ways that you can create a pleasurable experience tomorrow. These may involve activities with others, rest, and even simple, everyday pleasures such as enjoying the weather.

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Thurs

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2. **Reminisce.** Spending as little as five minutes thinking and writing about a pleasant memory can improve your mood and optimism for the future. Common events that make us feel nostalgic are those that connect us to people, a special place, or a special time in our lives.

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