

# The Power of Optimism:

## 5 Ways to Cultivate a Positive Mindset

*"A pessimist see difficulty in every opportunity.  
An optimist sees opportunity in every difficulty"*  
- Winston Churchill

### 3 BENEFITS TO OPTIMISM

1. Personal happiness/joy.
2. Resilience in the face of difficulties and challenges.
3. Personal and professional success.

### 5 WAYS TO CULTIVATE OPTIMISM

#### 1. PRACTICE GRATITUDE

We too often focus on those who have it better than us.  
Be thankful for all the things you do have, rather than being envious of the few things you don't have.

#### 2. LOOK AT LIFE AS AN ADVENTURE, NOT A TEST

Let your past refine you , not define you. Learn from, but don't dwell on, your mistakes.  
Give up trying to be perfect. Look at yourself as a work-in-progress. Seek to get better and stronger every day.

#### 3. BUILD OTHERS UP

Express appreciation, affirmation and encouragement to others.  
Life is a boomerang, what you send out, comes back at you. As you build others up, you lift yourself up.

#### 4. HANG OUT WITH WINNERS, NOT WHINERS

You are the average the 5 people you hang out with the most.  
Spend time with those who are thriving and winning at the game of life.

#### 5. WORK TOWARDS A FEW PERSONAL GOALS

You are a purpose-driven being and work best on mission.  
When you take positive action, you have little time gloom and doom.

*"Attitudes are more important than facts."*  
- Dr. Karl Menninger