

OPTIMISM IS THE KEY TO SUCCESS

ARE YOU AN OPTIMIST?

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WHAT IS OPTIMISM?

Optimism is the tendency to believe, expect or hope that things will turn out well. It is a form of positive thinking that includes the belief that you are responsible for your own happiness, and that more good things than bad will continue to happen to you.

IS THE GLASS HALF EMPTY OR HALF FULL?



This test is to determine whether a person tends to be an optimist or a pessimist. Optimists will usually say the glass is half-full(They tend to look on the positive side), whereas pessimists will usually point out that it's half-empty.

WHY DO WE NEED TO BE OPTIMISTIC?

Because optimism will help us discover
new opportunities, gain exposure and
make us better people

7 POSITIVE CHARACTERISTICS OF OPTIMISTS

- 1) They always emphasise the good things in life
- 2) They are always grateful and thankful for everything
- 3) They complain less and are more compliant (always find ways to solve the problem and look on the positive side)
- 4) They will never give up on something that they really want
- 5) They look for new windows of opportunity
- 6) They are more confident and creative in making decisions in life
- 7) They always smile and forgive others

OPTIMISM IS THE KEY TO SUCCESS!!

HOW??

- **Optimism supports creative and critical thinking that generates more ideas**
 - Optimists plan their time
 - Optimists always find ways to achieve what they want to do
- **Optimism makes people act**
 - Optimists take action on what they have planned
 - Optimists are motivated enough to treasure and see the results
- **Optimism supports persistence in a chosen course of action that is difficult**
 - Optimists will never give up but keep on moving with their plans or make adjustments
- **Optimistic people are able to bounce back after a failure**
 - Optimists are resilient and able to adapt to the situation quickly
 - Optimists are emotionally stable and are willingly to start over again

HOW TO BE AN OPTIMIST

- List down all the positive things that happened to you today before you sleep. (This will help you to see the positive side of life)
- Start to focus on your goals and lists down your expectations
- Always be grateful
- Make friends with positive people
- Look forward to the future with excitement and anticipation

QUOTE

'A **PESSIMIST** sees the DIFFICULTY in every OPPORTUNITY. An **OPTIMIST** sees the OPPORTUNITY in every DIFFICULTY'

-Sir Winston Churchill-

