

Are You An Optimist Or A Pessimist?

For the following pairs of statements (1-12), think of two stories or examples that show how YOU can be both an optimist and a pessimist. Then decide to become more of an optimist. How? By simply practicing 😊

1. Optimists make time for **regular renewal**. (Story or example)
Pessimists rarely or never make time for regular renewal. (Story or example)
2. Optimists are **seldom surprised by trouble**. (Story or example)
Pessimists are shocked and dismayed when problems and setbacks occur. "Be unprepared for adversity," is their motto. (Story or example)
3. Optimists look for **partial solutions**. (Story or example)
Pessimists rarely or never look for partial solutions. (Story or example)
4. Optimists believe they have **some control over their future**. (Story or example)
Pessimists believe they have little or no control over their future. (Story or example)
5. Optimists **interrupt** their **negative** train of thought. (Story or example)
Pessimists rarely or never interrupt their negative train of thought. (Story or example)
6. Optimists **heighten** their powers of **appreciation**. (Story or example)
Pessimists heighten their powers of disapproving or complaining. (Story or example)
7. Optimists use their imaginations to **rehearse success**. (Story or example)
Pessimists use their imaginations to rehearse obstacles and failure. (Story or example)
8. Optimists **try to be cheerful** even when they aren't 100 percent happy. (Story/example)
Pessimists rarely or never try to be cheerful when the going gets tough. (Story/example)
9. Optimists develop and nurture **loving relationships**. (Story or example)
Pessimists rarely or never develop and nurture loving relationships. (Story or example)
10. Optimists like to **swap good news**. (Story or example)
Pessimists like to swap bad news. (Story or example)
11. Optimists accept what cannot be changed and **try to improve areas they can change**. (Story or example)
Pessimists rarely accept what cannot be changed and make feeble or no attempts to improve areas they can change. (Story or example)
12. Optimists believe that the **best in them has yet to flower**. (Story or example)
Pessimists believe that the WORST in them has yet to emerge. (Story or example)