

REMAINING OPTIMISTIC

True optimism means acknowledging reality while maintaining a strong belief & hope that things will get better

What Optimism is NOT:

- Sticking your head in the sand
- Refusing to accept reality
- Pretending everything is OK

What Optimism IS:

- Firmly based in reality
- Acknowledging the bad, and believing you will prevail despite of it
- Recognizing your agency in a situation

HOW TO BE OPTIMISTIC

Optimism, like pessimism, is a thinking style.
You can learn, grow and cultivate an optimistic mindset.



ACKNOWLEDGE
REALITY



BELIEVE IN THE
FUTURE



GRAB
CONTROL



REALISTIC
OPTIMISM



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