



OPTIMISM VS PESSIMISM

8 WAYS TO DEVELOP MORE OPTIMISTIC
HABITS

1

Avoid getting hung up on one thing

When things don't go as planned, focus on all the positive things that are happening in other parts of your life.

2

Look for the silver lining

Often when a situation isn't what we had hoped for, if we look hard enough there is a silver lining or an upside - look for it!

3

Get over the past

Dwelling on the past is never going to create optimism. Focus on the future and the positive opportunities that lie ahead.

4

Be thankful

Regularly think about those things that you are grateful for. Focus on what is good in your life.

5

Use positive affirmations

Repeat phrases that describe how you want to be over and over again. You may feel silly at first... but it works!

6

Surround yourself with positive people

Seek out people that make you feel good about yourself. Move away from those people who are constantly negative. It is infectious!

7

Think about your language

Use positive language. The words you use have such a big impact on how you feel - choose them wisely!

8

Remember that life has ups and downs

When things seem tough, keep in mind that they will get better. You will have better days, life is full of ups and downs. Remember this.

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