

4 STRATEGIES TO HELP YOU STAY OPTIMISTIC



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Am I an optimistic person?

Being optimistic doesn't mean bad days won't happen, but even on those days you can know that better ones are coming.

LOOK FOR THE GOOD

See your seasons through. Life is worth living!

LISTEN TO YOUR GOOD, REOCCURRING THOUGHTS

Your soul is pulling & guiding you.

EMBRACE THE UNEXPECTED, UNWANTED, UNCHARTED

Some of the happiest moments come from unexpected opportunities.

BE PRODUCTIVE IN YOUR WAITING SEASONS

:)

reflections:

Why is optimism important?

Am I optimistic by nature or something I need to develop?

What is one strategy I can work on to have more optimism?

Notes: