



Life Outlook

Do you believe yourself to be an optimist or pessimist? Why do you believe this?

How long have you been an optimist or pessimist? What brought this world-view on?

How did your childhood affect the way you view the world?

How can you begin to view the world in an even more positive light?

Think of a time when you viewed a situation as negative, and yet, something positive came out of it?

Reconstructing My Attitude

When you find yourself getting stuck in a cycle of negative thinking, what is one method you can try to restructure your thinking from pessimistic to optimistic?

Consider the situation, as an example, of going back to school.

- When you feel yourself becoming negative, identify your negative thoughts: *"I'm not good enough," "I'm not smart enough," "Everyone will be much younger than me," "I have not been to school in such a long time."*
- Think about the accuracy of your statements. What is the proof they are accurate? When you look at them objectively, what do you learn?
- Think of positive ways to restructure these thoughts. *"If other people can go back to college so can I," "I will be more experienced than many of the other students," "It's never too late to learn," "I deserve the benefits of going back to school."*
- Take action: *"I will go to the school on Friday and pick up an application. I will complete it over the weekend and search online for information about financial aid."*

Now You Try

State a time when you had negative thoughts about a situation that kept you from following through.

What were your negative thoughts?

How accurate were they? Was there proof?

How could you have restructured your thinking?

How could you have taken action?
