

Optimism has the power to not only change your life but even increase your success rate in whatever you do.

5 decades of research shows that being an optimist is HEALTHIER and helps you live longer. Optimists tend to enjoy:

- ✓ Better cardiovascular health (even if genetics aren't favorable!)

- ✓ Stronger immune function

- ✓ Lower levels of stress

- ✓ Lower levels of pain

- ✓ Greater survival from cancer

Optimism is a LEARNED skill. It gives us confidence, makes us less prone to depression, and helps us be better able to cope with life's curveballs. It leads to more happiness because optimists EXPECT it, and leads to numerous positive emotions such as higher self-regard, better moods, higher morale, and positive relationships.

Research also says that optimists are more attractive...



What do you do if you're a Recovering Pessimist?

1. Don't get hung up on one thing. (No "Yeah but..." allowed!)
2. There's always perspective. (Is the glass half full or is there just room for more wine? 🤪)
3. Remember, you don't live in the past.
4. Start your day with a gratitude practice. (If you need help, our Take Back Your Life Journal is a fabulous resource!)

5. Affirmations. (I AM an athlete!)

6. Tapping to get over something.

7. Your thoughts become reality - monitor them and flip them when necessary.

8. Life is unpredictable and not always fair - make peace with that.

9. Help others - that's your purpose, but remember to plug yourself in first.

10. Martyrdom isn't pretty and no one is asking for that. If they are - educate them, set up boundaries, or cut them off.