

What did they say?

The people below were some of the world's greatest optimists who became famous trying to change the world for the better. Draw a line through the phrase that they didn't say.

Barack Obama

"Yes we can."

"If you think things are bad now, just wait..."

Sir Winston Churchill

"There's nothing more we can do. We're sunk."

"Success is the ability to go from one failure to another with no loss of enthusiasm."

William Wallace

"Those who say it cannot be done should not get in the way of those who are doing it."

"Some problems are just too big and too hard to solve."

Abraham Lincoln

"You cannot fail...unless you quit."

"Hard work rarely pays off in the end."

**"ALWAYS LOOK
AT THE
BRIGHT SIDE."**

core life
BUILD YOURSELF STRONG

Be An OPTIMIST

OP • TI • MIST

(noun) a person who is hopeful
about how things will turn out.

Everyone likes an optimist – the one who believes everything will work out in the end. That's because someone who is positive brings good energy to the conversation, to the friendship, to the family, and to life!

Try to practice looking on the positive side of any situation – and brighten someone's day!



RAIN, RAIN...WE'RE GLAD YOU'RE HERE.

You can choose the way you want to look at every situation. You can look at a rain-cloud and think, "Oh, my day is ruined." Or you can think, "Rain is great! It's helps the flowers and trees grow. It washes the streets clean. It even makes the air fresher! Bring it on!" You can look at every cloud as having a "silver lining" – something good inside that will come from it. You'll be surprised how much happier life can be when you do.



Positive people win.



There was a lot of research done to see if there was any real advantage to being an optimist (expecting the best to happen) or a pessimist (expecting the worst outcome). It's amazing what was discovered. Optimists, people who believe deep down that they can succeed, actually do succeed more often!

And it gets even better than that. They enjoy better health, are less likely to get depressed, have less stress, live longer, and have better friends and more fun along the way! What do you choose for your life? You can teach yourself to be an optimist starting today!

How do you see this glass?

- ☐ Is it half full?
☐ Is it half empty?

How would an optimist look at this? (circle one)

Half full Half empty

What are three good things you could do with a glass half full of water?

1. _____
2. _____
3. _____



Is it a big problem? Own it!

Sometimes bad things happen that seem out of your control, like moving to a new school or failing to get the top role in the school play. Rather than letting these things get you down, own the challenge! Look for ways that you can make it better yourself. Instead of thinking, "Another new school, no one will want to talk to me"; Try thinking, "My very best friends could be at this school; I just need to find them!" Or in the play, "So what if I was chosen to only be a talking carrot? At least I'm in the play! I'm going to think of a funny voice to be the best talking carrot ever!"

Don't let those obstacles or disappointments live "rent-free" in your mind. If you do, they will lead to frustration, despair, or hopelessness. Make them work for you by finding a positive route around them, over them, or through them! By owning responsibility for the outcome, it's always in your power to do something positive – and you will!

This, too, will pass.

There was a wise old woman who told her grandchildren the secret to being strong. "In life, whether things are going great or if times are really hard, always remember – this, too, will pass." She had seen it all in her long life. Nothing stays the same forever. If times are bad, know that someday they'll get better. If times are very good, be thankful and enjoy every moment of it because those moments will not last either – but you'll always have the memory of how good the good days can be.

