Research shows that OPTIMISTS

- Experience less stress
- Have more energy
- Come up with creative solutions
- Are more productive
- Work well with others
- Enjoy greater job satisfaction

POWER Optimism is NOT:

Pollyanna Optimism
POWER Optimism is NOT:

Dogmatic Optimism

POWER Optimism is NOT:

Irrational Optimism

POWER Optimism is a system of thinking, feeling, and behaving that creates conditions for success and promotes a sense of well-being.
Find a positive perspective of change

WHAT DO YOU SEE?

It’s your choice!

Your interpretation of an event is more important than the event itself.
Limiting Belief

A negative perception you believe is true and accurate about yourself, others or the world.

Recognize it
React against it
Recreate the limiting belief into an empowering belief
Recreate a Limiting Belief into an Empowering Belief

This situation is hopeless.
\[ \text{\textbf{i focus on what I can influence/achieve and let go of the rest.}} \]

I'm not smart enough.
\[ \text{\textbf{i can learn how to accomplish what I need to.}} \]

I'm not good enough.
\[ \text{\textbf{i don't have to be perfect to be competent.}} \]

There's too much to do. I'll never get it all done.
\[ \text{\textbf{When I prioritize, I get things done.}} \]

PROACTIVE

Actively Choose Responses
OPEN-MINDED
Think Expansively

WAKE UP YOUR BRAIN

WELL-INFORMED
Appraise Information Objectively

Focusing on a single feature, idea, or assumption prevents seeing the whole picture.

Evolving
Rehearse New Life Scripts

You are the writer, producer, director, and actor in your life story.
Adopt a Positive Attitude

Reframe change into gain
Build a positive bank account