

Date: _____



Optimism in Life :

Optimism is a mental attitude characterized by hope & confidence in success & positive future. Optimists tend to view hardships as learning experience or temporary setbacks. Even the most miserable days holds the promise for them that "tomorrow will be better." Optimistic attitudes are linked to several benefits, including better coping skills, lower stress levels, better physical health and higher persistence when pursuing goals. Several factors play a role in becoming optimistic i.e genetics, upbringing, culture & other environmental influences. There are many reasons to be optimistic. First of all optimism is based on realistic view of world. People who are optimistic understands that life is full of ups & downs, but they believe that good times will eventually outweigh the bad. Secondly, optimism is a choice. People who are optimistic choose to focus on positive aspects of life. Finally, optimism is contagious. When we surround ourselves with optimistic people, their positive attitude rubs off on us. Optimism has an eternal value, when you have nothing only optimism in form of hope & patience contemplate or defend our sorrows & sufferings. This is universally true. This is type of value which is helpful to a great change in life. Winston Churchill said, "a pessimist see the difficulty in every opportunity, an optimist sees, ~~the difficulty in every opportunity~~, an optimist sees the opportunity in every difficulty."