

# Optimism in life

Humans have been blessed with infinite qualities, emotions and behavioural patterns. So, to be blessed means to be tested. Calamities are the part of life. It is a natural phenomenon that sun rises when darkness of night is at its peak. Similarly, whatever a human being goes through, he should remain stick to a positive thoughts. Optimism in life works like magic. In Quran, we found examples of Prophets who remained patient and accept the hardships with the hope of having sweet fruit. The Quranic stories are not only for Muslims but people of other religions can find soothing in them. The optimism can make life more easy and reduce the depression and anxiety. Optimistic view can be achieved through self-regulation, self-accountability and practicing patience. It takes a lot

of courage to have an  
Optimistic view as it is akin  
to sip the bitter realities.  
Researches have shown that  
human behaviour is directly  
proportional to their achievements  
in life. Even the logical  
theories suggest that human  
patterns are designed uniquely  
and they will be provided  
~~with~~ accordingly. Moreover, here  
the theory of evolution of  
Charles Darwin can be  
used as metaphor that only  
people having great deal  
of optimism are the  
fittest to survive. Therefore, as  
a human it is substantial to  
practice optimism in life as it  
is a fortune for existen