

# 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 ~~go~~ <sup>goes</sup> through, he should remain ~~stuck~~ <sup>stuck</sup> to ~~a~~ positive thoughts. Optimism in life works like magic. In Quran, we found examples of Prophets who remained patient and ~~accept~~ <sup>accepted</sup> ~~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~~ <sup>easier</sup> ~~easy~~ and reduce ~~the~~ depression and ~~anxiety~~. Optimistic view can be ~~achieved~~ <sup>achieved</sup> 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 secure the  
fittest to survive. Therefore, as  
a human it is substantial to  
practice optimism in life as it  
is a fortune for existen

Mistakes identified. Work on the use of articles.