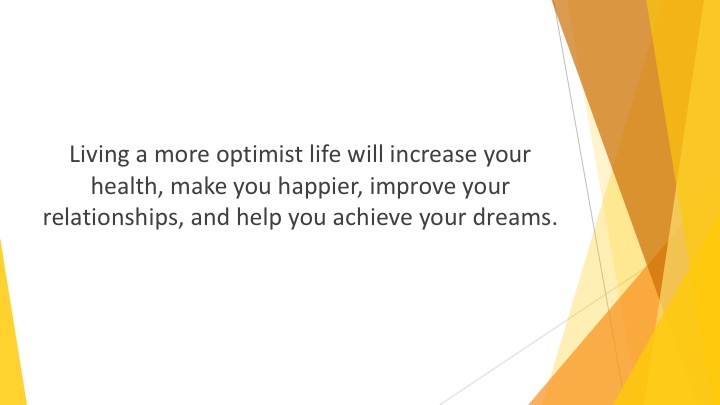
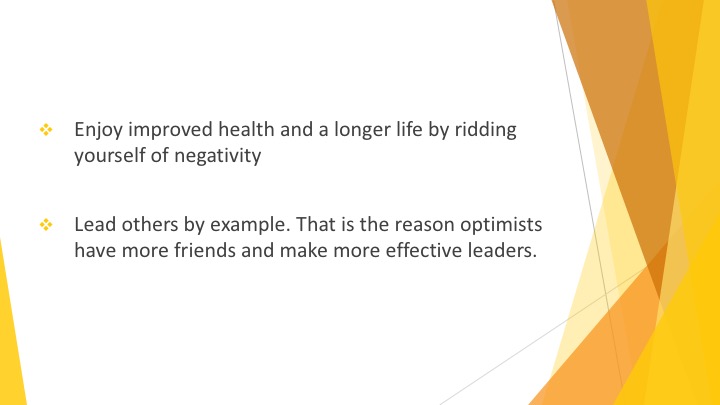
**Conclusion**

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**S1** : Pause for 2 seconds



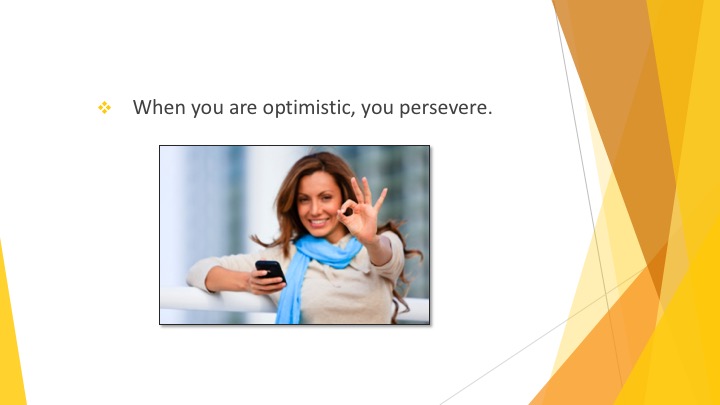
**S2** : Living a more optimist life will increase your health, make you happier, improve your relationships, and help you achieve your dreams. It’s all about how you view and approach life. When surrounded by lemons, the optimist learns to make lemonade.



**S3** :

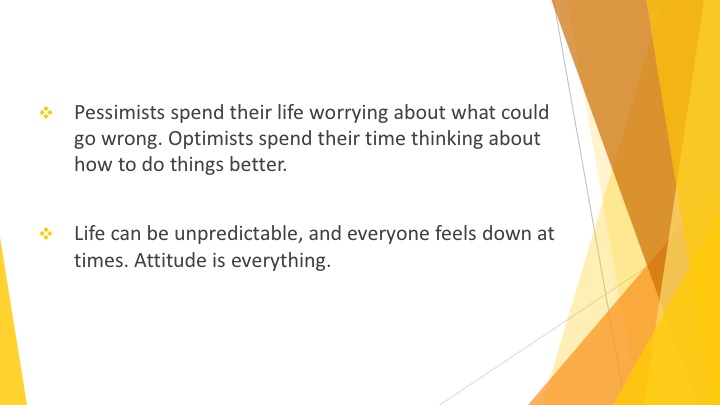
• Enjoy improved health and a longer life by ridding yourself of negativity.

• Lead others by example. People enjoy being around optimists and are inspired by their success. That is the reason optimists have more friends and make more effective leaders. They lead through inspiration.



**S4**

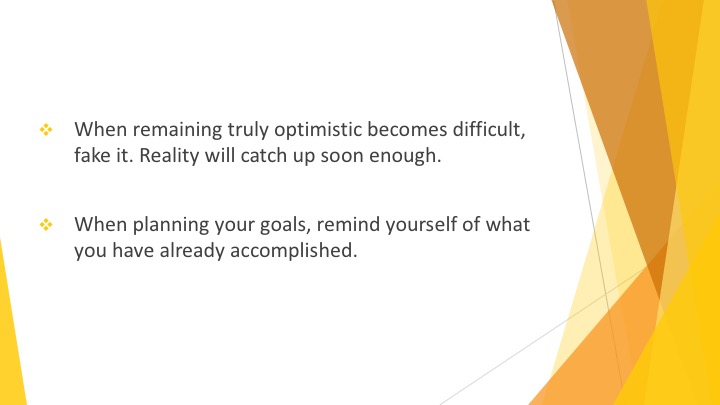
• When you are optimistic, you persevere. You may need to work hard to reach your goal, but you always keep it in sight.



**S5** :

• Pessimists spend their life worrying about what could go wrong. Optimists spend their time thinking about how to do things better.

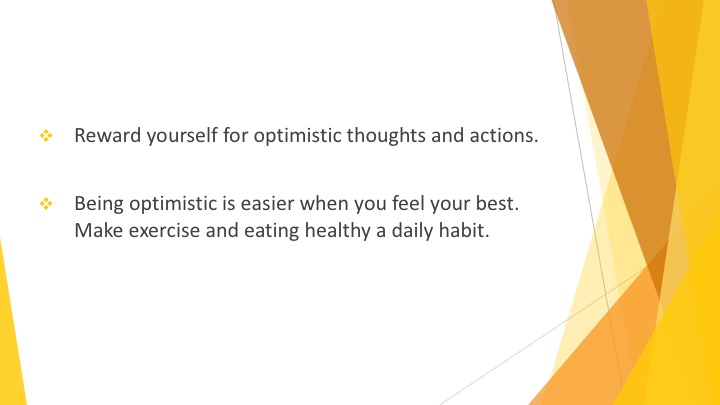
• Life can be unpredictable, and everyone feels down at times. During tough times, remind yourself of all you have instead of complaining about what you lack. Attitude is everything.



**S6** :

• When remaining truly optimistic becomes difficult, fake it. Reality will catch up soon enough.

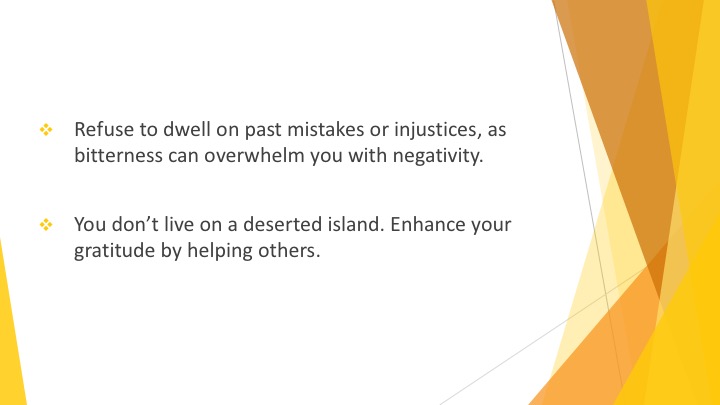
• When planning your goals, remind yourself of what you have already accomplished. This will keep your mind positive to future possibilities.



**S7** :

• Reward yourself for optimistic thoughts and actions. It will serve as a reminder to continue thinking positively.

• Being optimistic is easier when you feel your best. Make exercise and eating healthy a daily habit. Lack of exercise and unhealthy eating habits will drag you down.



**S8** :

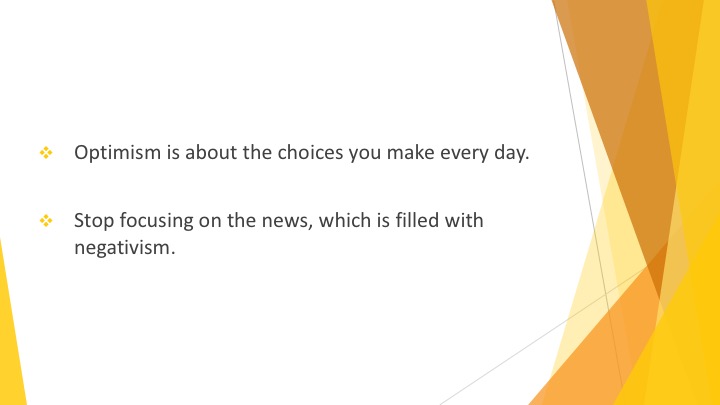
• The past is gone, and we don’t know the future. Refuse to dwell on past mistakes or injustices, as bitterness can overwhelm you with negativity. Just let it go. And don’t waste time fretting about the unknown future but prepare yourself for unlimited abundance.

• You don’t live on a deserted island. Enhance your gratitude by helping others.



**S9** :

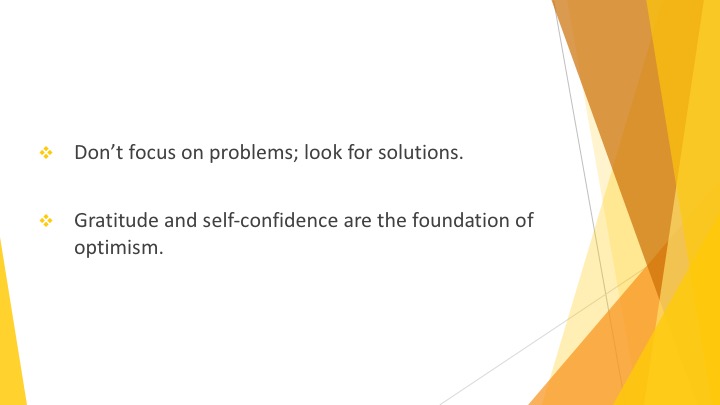
• Relationships take work. Only pessimists expect perfect relationships. Optimists take the necessary steps to create happy and loving relationships.



**S10** :

• Optimism is about the choices you make every day. Choose wisely.

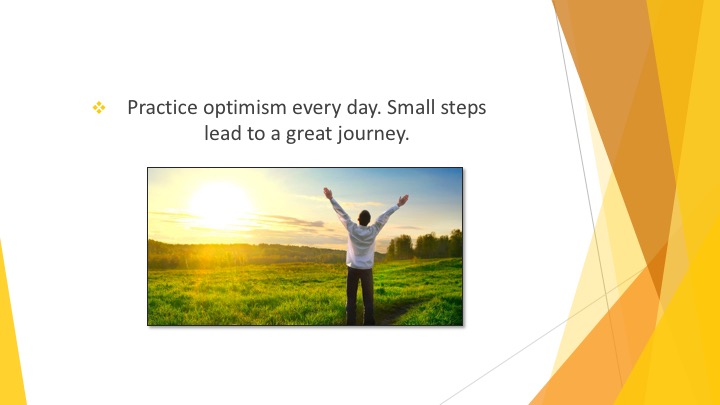
• Stop focusing on the news, which is filled with negativism. Read a book, instead.



**S11** :

• Don’t focus on problems; look for solutions.

• Gratitude and self-confidence are the foundation of optimism. The more you enhance these traits, the more optimistic you will feel.



**S12** :

• Practice optimism every day. Small steps lead to a great journey.