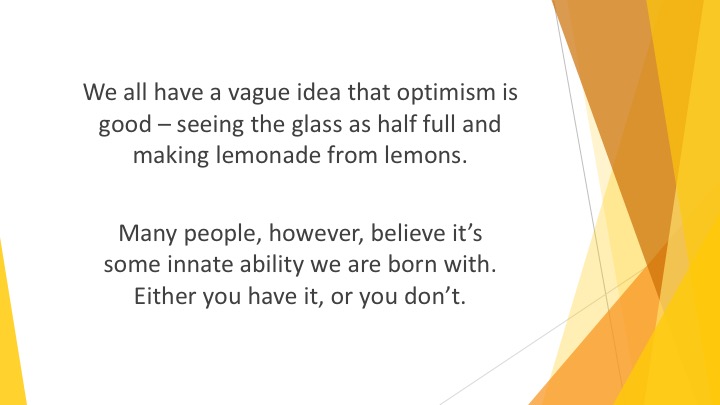
**Chapter 1: What Is Optimism?**

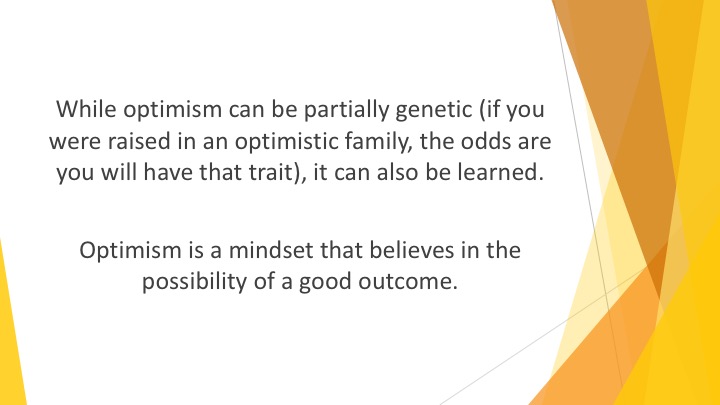
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**S1** : In this video, we’ll talk about “What Is Optimism?”



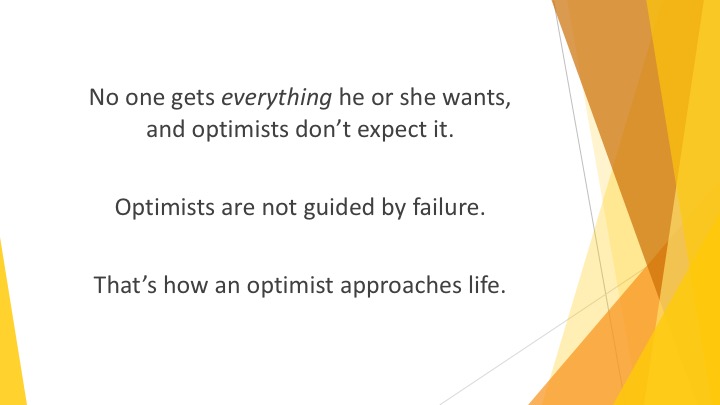
**S2** : We all have a vague idea that optimism is good – seeing the glass as half full and making lemonade from lemons. Optimists see success as their right. It’s there if they are willing to work for it.

Many people, however, believe it’s some innate ability we are born with. Either you have it, or you don’t.



**S3** : Nothing could be further from the truth. While optimism can be partially genetic (if you were raised in an optimistic family, the odds are you will have that trait), it can also be learned.

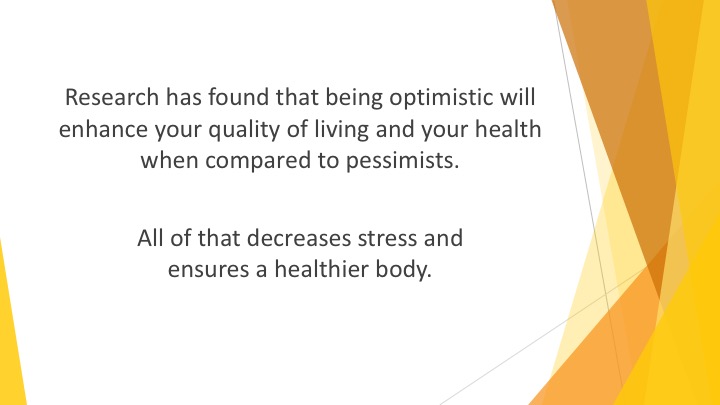
Optimism is a mindset that believes in the possibility of a good outcome.



**S4** : Equally as important, it understands that there are hurdles along the way. Life is filled with the unexpected. No one gets everything he or she wants, and optimists don’t expect it. However, they build the type of resilience that encourages them to keep trying.

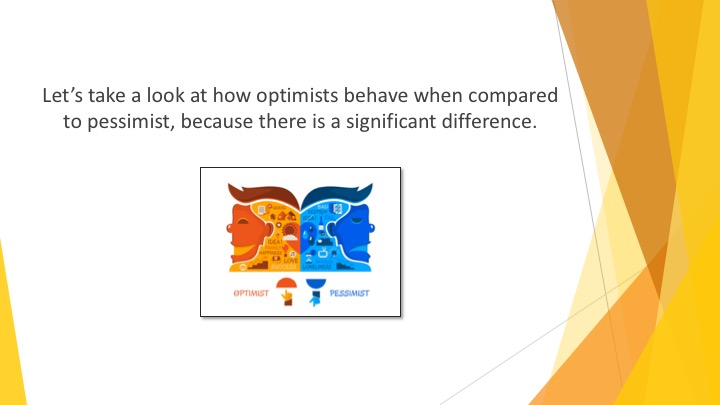
Optimists are not guided by failure. There may be many rainy days, but if you wait, the sun will come out. If that glass of water gets spilled, it can always get refilled.

That’s how an optimist approaches life. He or she may stumble but will always get back up.

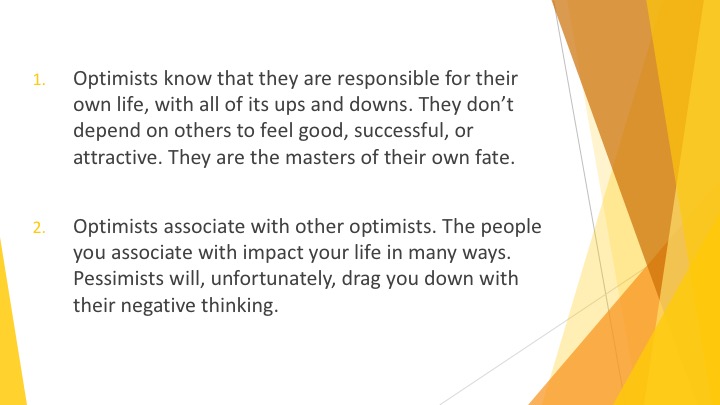


**S5 :** Research has found that being optimistic will enhance your quality of living and your health when compared to pessimists. It encourages flexible thinking, creativity, and greater problem-solving capability.

All of that decreases stress and ensures a healthier body.



**S6 :** Let’s take a look at how optimists behave when compared to pessimist, because there is a significant difference.



**S7 :**

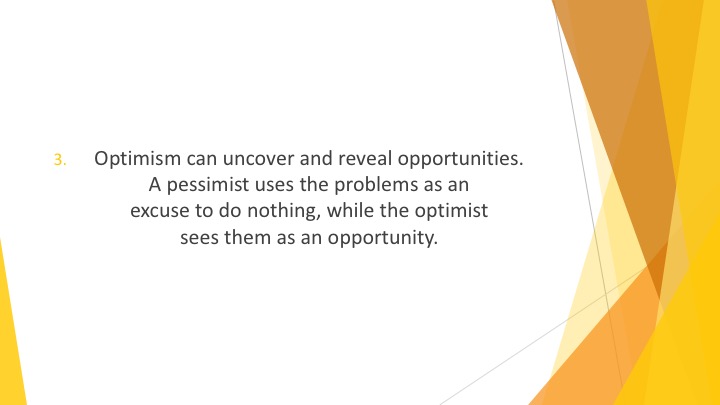
1. Optimists know that they are responsible for their own life, with all of its ups and downs. They don’t depend on others to feel good, successful, or attractive. They are the masters of their own fate.

To be clear, it is not necessary for an optimist to be overly successful or attractive. An optimist can be an unassuming person, living a simple life, and extremely content with everything he or she has. To him or her, that is success.

2. Optimists associate with other optimists. The people you associate with impact your life in many ways. It has been said that we are the sum of the five people whom we associate with the most. Optimists choose their friends wisely.

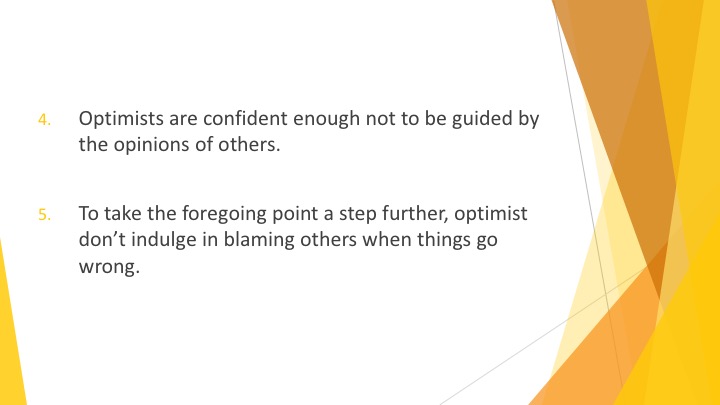
Pessimists will, unfortunately, drag you down with their negative thinking. It’s almost inevitable. Some people can complain about anything – the world in general, the job, a meal at a restaurant, a movie … the list doesn’t end. This attitude invariable rubs off on others and is best avoided if you are an optimist. And if success is your goal, know that the number one trait of successful people is positive thinking. A positive outlook is the sure way to get through hard times.

While you can’t avoid everyone, it’s best to surround yourself with as much optimism as possible. Look for people who share your mindset.



**S8 :**

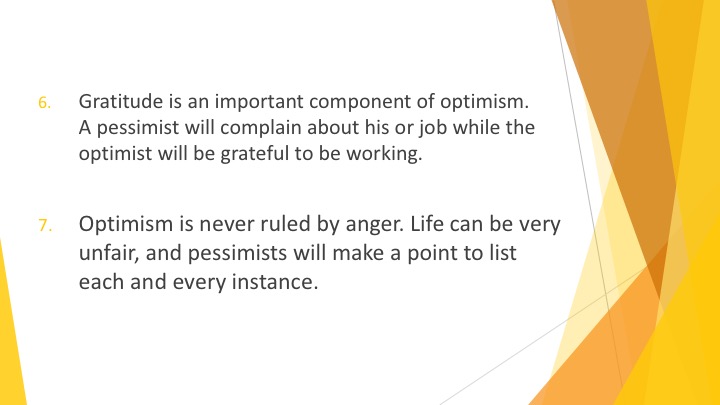
3. Optimism can uncover and reveal opportunities. Both optimists and pessimists see problems for the logical reason that life is filled with them. The difference is, a pessimist uses the problems as an excuse to do nothing, while the optimist sees them as an opportunity. Let’s say John and Jane want to start their own business, while will take $10,000 capital. John thinks, “I don’t have that kind of money. What’s the use?” Jane thinks, “Okay, what should I do to get an extra $10,000?” Jane, the optimist, sees an opportunity for some creative problem-solving. She sees possibilities where John sees roadblocks. It’s not difficult to guess which of the two will be more successful.



**S9 :**

4. Optimist calls for self-confidence, something we will explore in greater detail in a different chapter. Optimists are confident enough not to be guided by the opinions of others. It’s clear to them that they will never please everyone, so they don’t try. They rely on their own judgment. If they make mistakes, they take the responsibility of correcting them.

5. To take the foregoing point a step further, optimist don’t indulge in blaming others when things go wrong. They leave the complaining to pessimists. Optimists are mainly concerned with understanding what happened and how to improve it next time. To iterate an important point, optimism seeks solutions, not excuses.

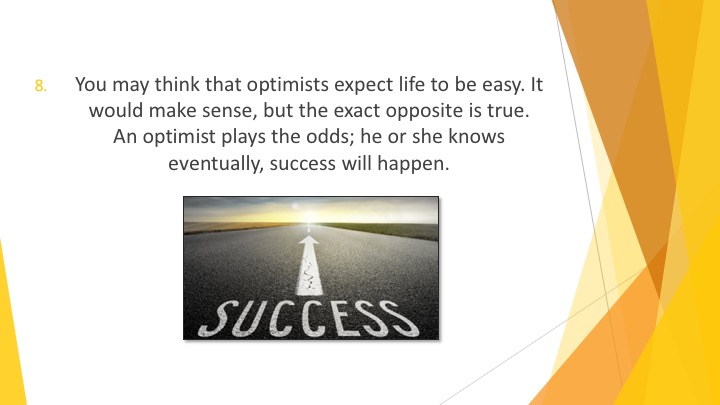


**S10 :**

6. Gratitude is an important component of optimism. This grateful attitude allows optimist to see the good things in life and hope for even better. A pessimist will complain about his or job while the optimist will be grateful to be working. It’s the optimist’s attitude that will make it easier for him or her to seek something better.

7. Optimism is never ruled by anger. Life can be very unfair, and pessimists will make a point to list each and every instance. Your family may be impossible, other people may be more successful, and your sibling may be more beautiful and drive a better car. There is a lot about which to be angry. But what does it solve? Anger fuels non-action and complacency like few other emotions. Optimists move beyond and attempt to create change instead indulging in complaining and anger.

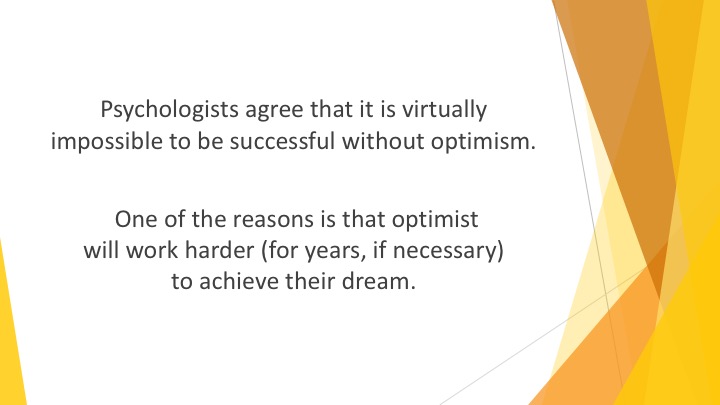
Optimism, as already stated, is fueled by what we do have, not what we lack. The optimist sees clean water, safe housing, a beautiful garden, food, and innovation as something to be grateful for. We have more than any other generation in history, yet pessimists still find reasons to complain. Some hold on to their anger as if it were a lifeline. Optimists understand that anger acts like a chain, making it impossible to move forward. Positive thinking is a choice; so is holding on to negativity.

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**S11 :**

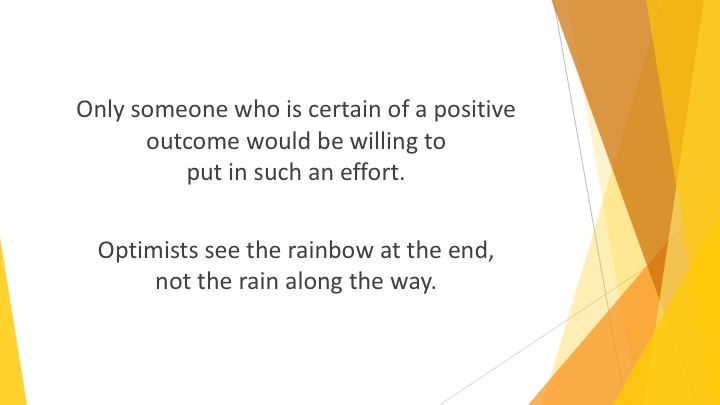
8. You may think that optimists expect life to be easy. It would make sense, but the exact opposite is true. An optimist knows how difficult and unfair life can be. As a result, he or she is mentally prepared. They develop the resilience that lets them cope with adversity instead of wallowing in it. They know they won’t get every job, every romantic partner, every wish fulfilled, so adversity doesn’t stop them from moving ahead and trying again. An optimist plays the odds; he or she knows eventually, success will happen.

It is that willingness never to give up that separates the optimist from the rest. It’s the very essence of optimism.



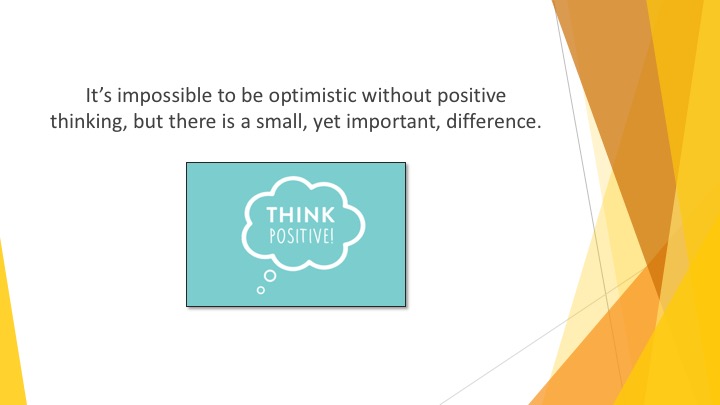
**S12 :** Psychologists agree that it is virtually impossible to be successful without optimism.

One of the reasons is that optimist will work harder (for years, if necessary) to achieve their dream.

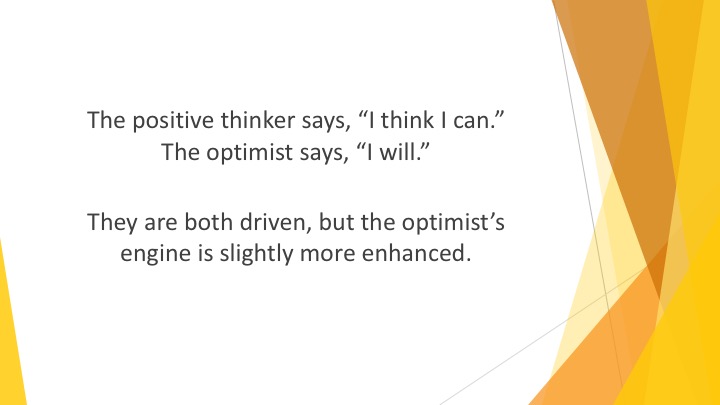


**S13 :** Only someone who is certain of a positive outcome would be willing to put in such an effort. Regardless of how many roadblocks he or she encounters, he or she never loses sight of what may be possible at the end of the road.

Optimists see the rainbow at the end, not the rain along the way.

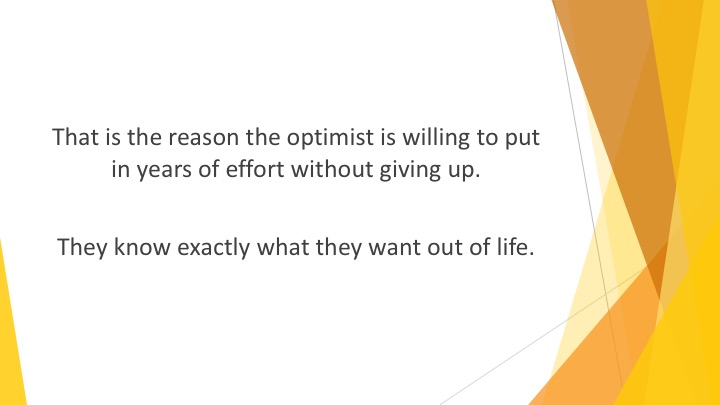


**S14 :** It’s impossible to be optimistic without positive thinking, but there is a small, yet important, difference.



**S15 :** The positive thinker says, “I think I can.” The optimist says, “I will.”

They are both driven, but the optimist’s engine is slightly more enhanced.



**S16 :** That is the reason the optimist is willing to put in years of effort without giving up. He or she is usually guided by a deep hunger, or passion, for success, whether personal or professional. They know exactly what they want out of life. Not striving toward a goal is simply not an option for the optimist.