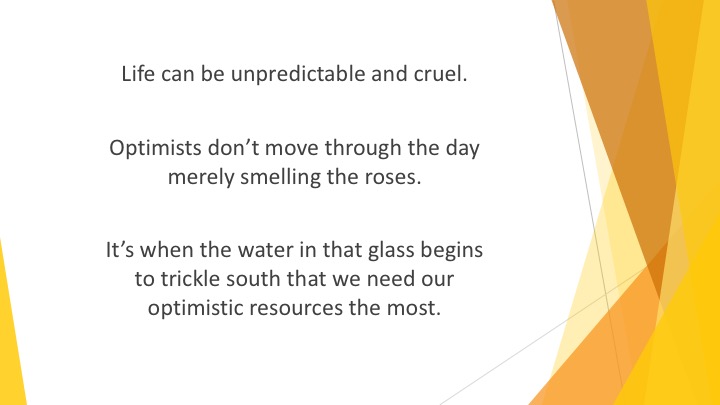
**Chapter 3: Boost Your Optimism When the Glass is Half-Empty**

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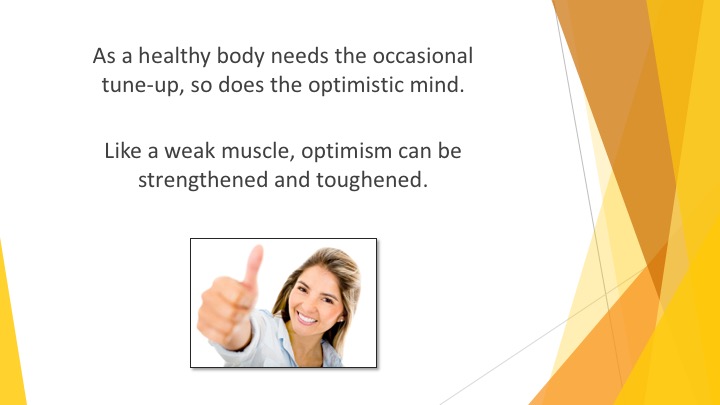
**S1** : In this video, we’ll talk about “Boost Your Optimism When the Glass is Half-Empty”



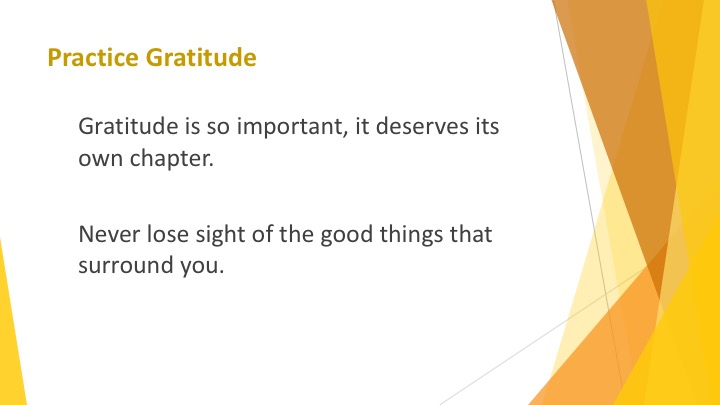
**S2** : Life can be unpredictable and cruel. That’s simply a fact.

Optimists don’t move through the day merely smelling the roses. Sometimes adversity can be real and overwhelming, even for positive thinkers.

It’s when the water in that glass begins to trickle south that we need our optimistic resources the most.



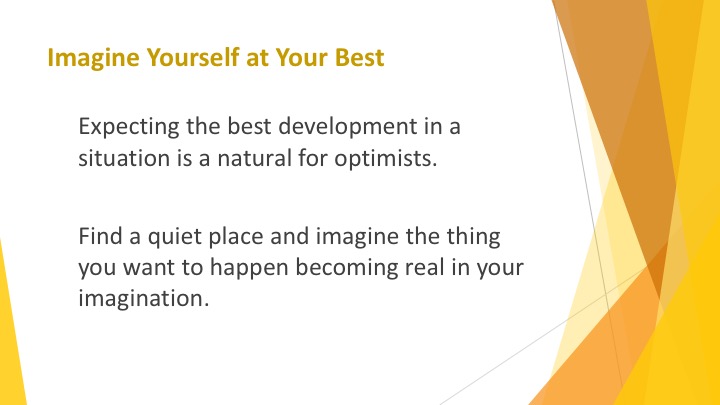
**S3** : As a healthy body needs the occasional tune-up, so does the optimistic mind. Luckily, there are actions we can take to give our brain a needed boost when the world begins to look dark. Like a weak muscle, optimism can be strengthened and toughened.



**S4** : **Practice Gratitude**

Gratitude is so important, it deserves its own chapter. This is a reminder when life seems to be lacking, it a good time to remind yourself of the things you do have.

Never lose sight of the good things that surround you.



**S5 : Imagine Yourself at Your Best**

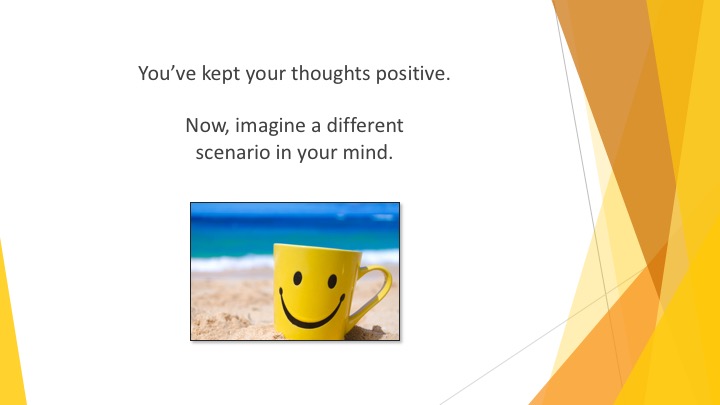
Expecting the best development in a situation is a natural for optimists. But sometimes, it can be a strain. When that happens, resort to the old adage, “Fake it till you make it.”

Find a quiet place and imagine the thing you want to happen becoming real in your imagination.



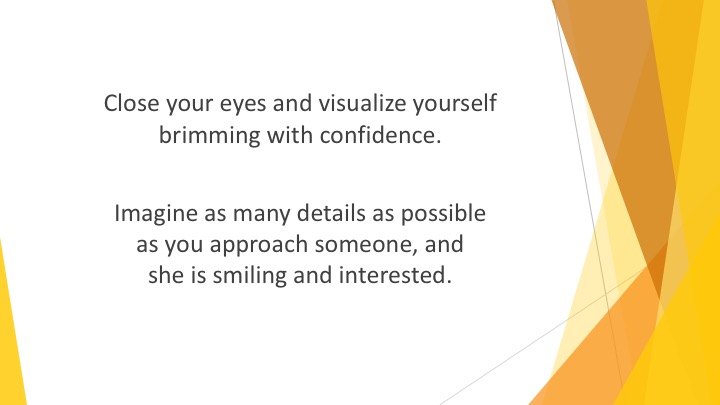
**S6 :** See yourself on a job interview and getting an offer.

Perhaps you’ve been looking for a romantic partner with no success.



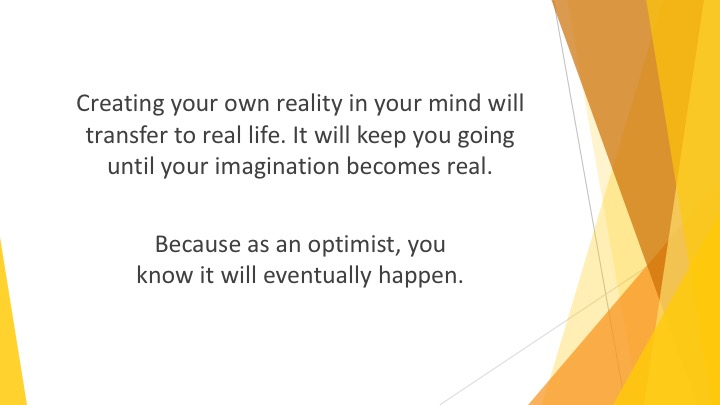
**S7 :** You’ve been patient, knowing that not every approach will end in success. You’ve kept your thoughts positive. But at the moment, your energy is sapped. The only thing you can think of is spending every New Year’s Eve alone for the rest of your life.

Now, imagine a different scenario in your mind.



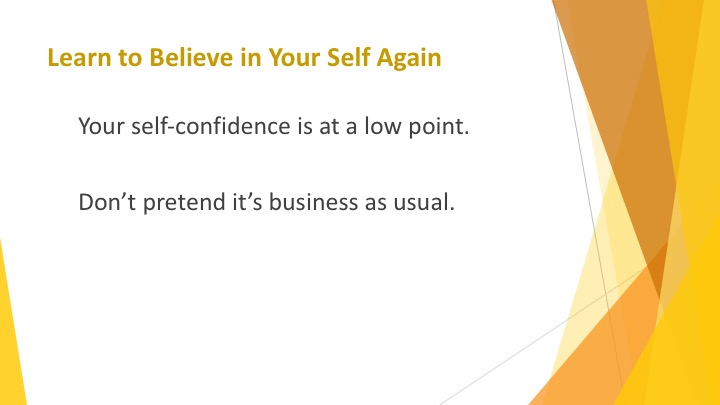
**S8 :** Close your eyes and visualize yourself brimming with confidence. You’re looking fantastic and are so smooth, George Clooney is eyeing you for guidance.

Imagine as many details as possible as you approach someone, and she is smiling and interested. It turns out you two have a lot in common. When you ask her out, she eagerly accepts.



**S9 :** Creating your own reality in your mind will transfer to real life. It will keep you going until your imagination becomes real.

Because as an optimist, you know it will eventually happen. Sometimes, you just need a little reminder.



**S10 : Learn to Believe in Your Self Again**

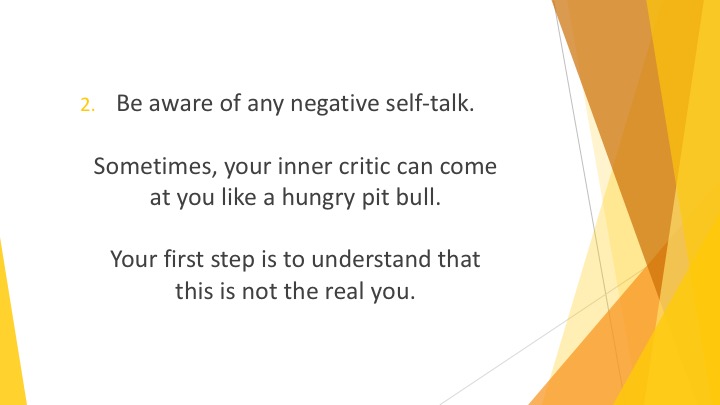
Your self-confidence is at a low point. This can happen to anyone.

Don’t pretend it’s business as usual. Instead, admit that you are feeling low and then take steps to climb out of the doldrums.

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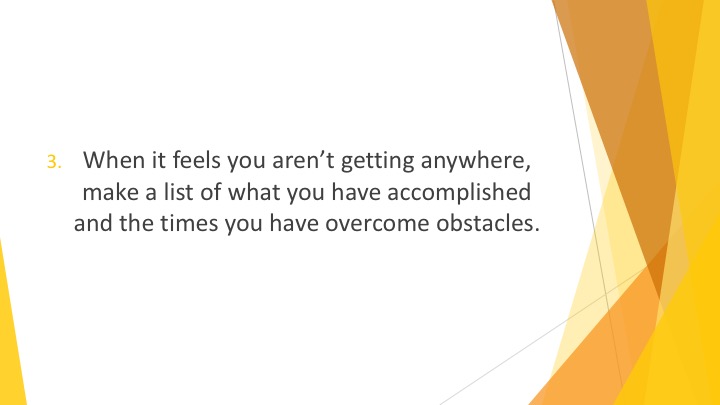
**S11 :**

1. We all have a comfort zone. When your confidence needs a push, move beyond that zone. Try something new, approach new people, put yourself in new and unfamiliar situations.



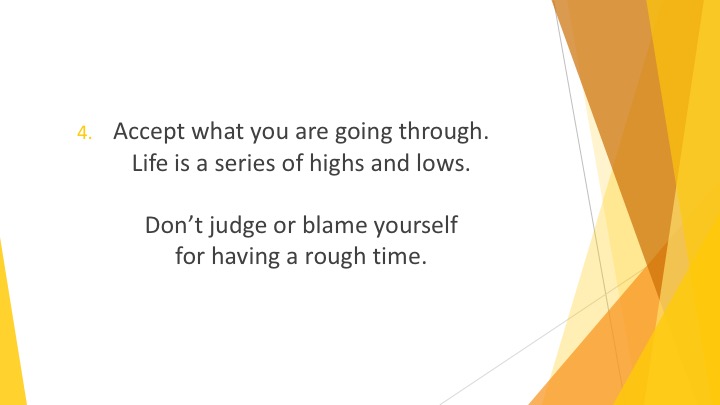
**S12 :**

2. Be aware of any negative self-talk. Sometimes, your inner critic can come at you like a hungry pit bull. Your first step is to understand that this is not the real you. You need to separate yourself from this critic. Talk back to it. Tell your inner critic that he or she is wrong. He or she is lying, and you intend to treat yourself better. This may sound strange, but negative self-talk can be very powerful and keep us from moving forward. You need to create an opposing voice that is positive and on your side. Instead of accepting this pit bull, talk to yourself as you would to your best friend. Frankly, no one likes a critic.



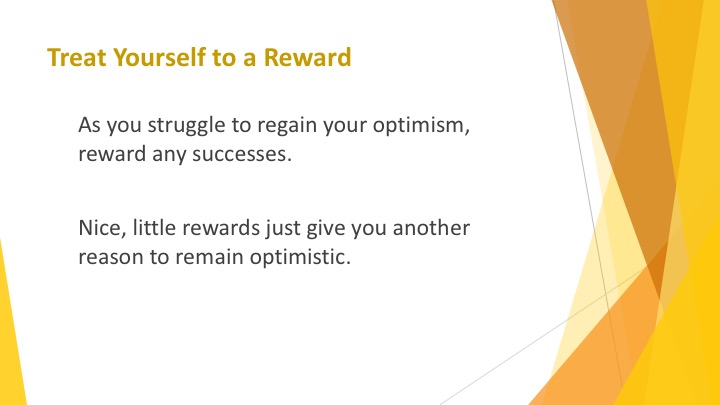
**S13 :**

3. When it feels you aren’t getting anywhere, make a list of what you have accomplished and the times you have overcome obstacles. It’s easy to lose sight of the positive when we are in the grips of a lot of negative. This is a good time to remind yourself why you should be feeling proud of yourself.



**S14 :**

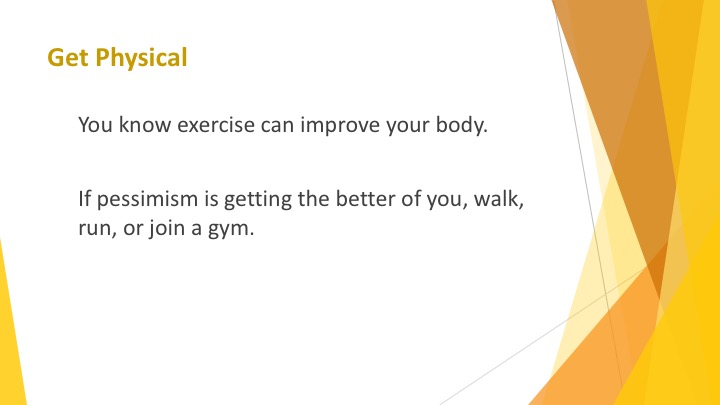
4. Accept what you are going through. Life is a series of highs and lows. It’s how you handle the low times that matters. Don’t judge or blame yourself for having a rough time. Things will get better but accept the present for what it is.



**S15 : Treat Yourself to a Reward**

As you struggle to regain your optimism, reward any successes. Create more sweet moments in your life.

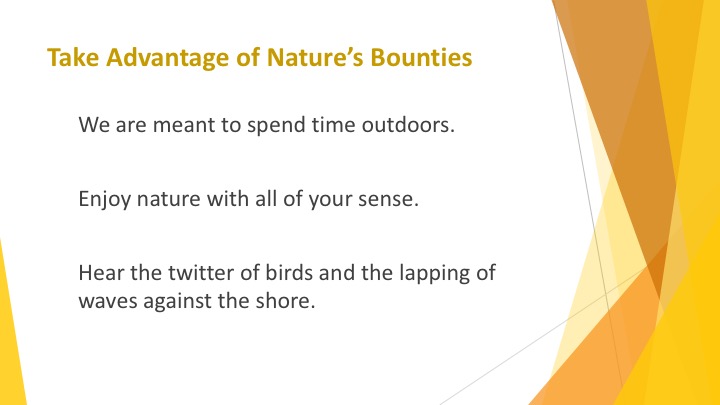
Nice, little rewards just give you another reason to remain optimistic.



**S16 :**  **Get Physical**

You know exercise can improve your body. It can do the same with your mind, as well.

If pessimism is getting the better of you, walk, run, or join a gym. Just get moving.

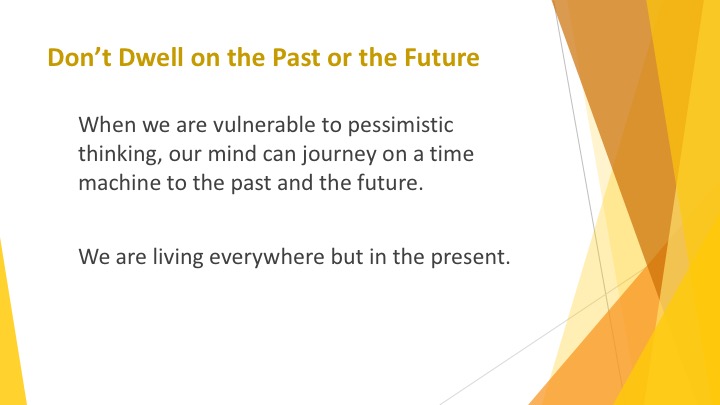


**S17 : Take Advantage of Nature’s Bounties**

We are meant to spend time outdoors. Walking along a beach, by a lake, or through a park is extremely uplifting.

Enjoy nature with all of your sense. Inhale the scent of fresh grass, notice the colors and texture of the flowers.

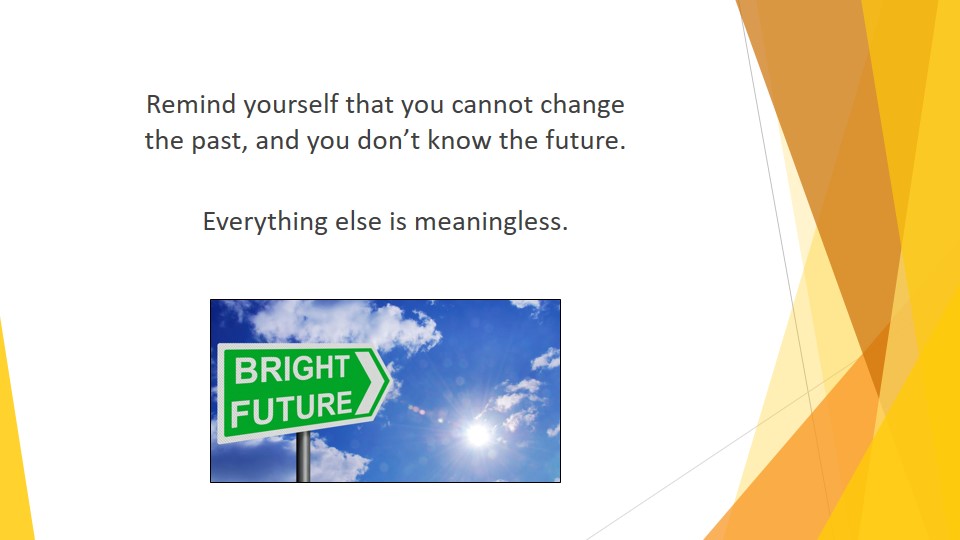
Hear the twitter of birds and the lapping of waves against the shore.



**S18 : Don’t Dwell on the Past or the Future**

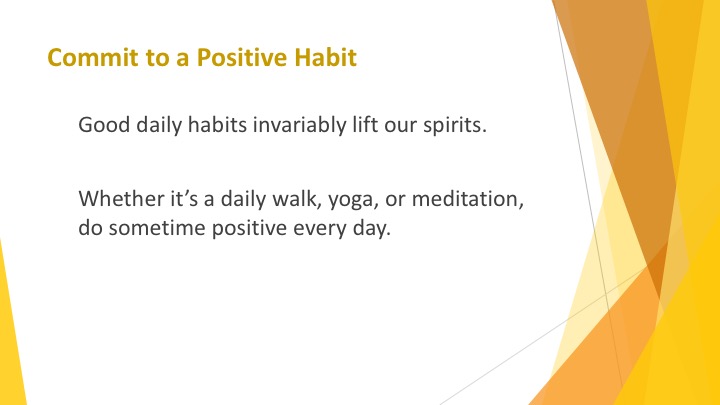
When we are vulnerable to pessimistic thinking, our mind can journey on a time machine to the past and the future. We can find ourselves dwelling on past mistakes or injustices or fret about what will happen next week or next year.

We are living everywhere but in the present.



**S19 :** Remind yourself that you cannot change the past, and you don’t know the future. Relish living in the present, instead, and enjoy all that you have.

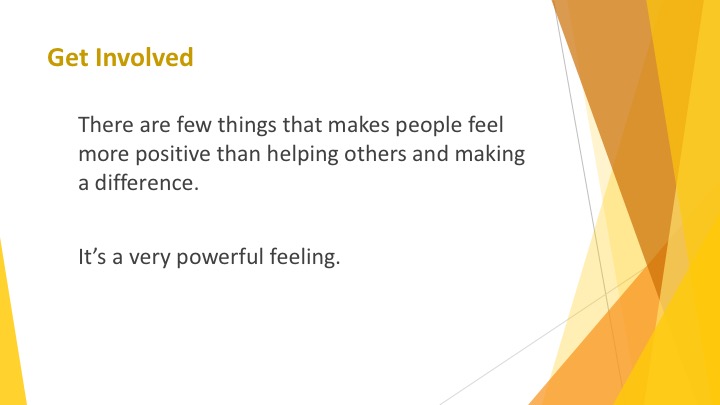
Everything else is meaningless. As someone once said, the past is gone and the future hasn’t happened.



**S20 : Commit to a Positive Habit**

Good daily habits invariably lift our spirits. They help us feel in greater control of our lives and remind us of what we are capable.

Whether it’s a daily walk, yoga, or meditation, do sometime positive every day.

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**S21 : Get Involved**

There are few things that makes people feel more positive than helping others and making a difference. Find a cause that interests you and become the catalyst for real change.

It’s a very powerful feeling.