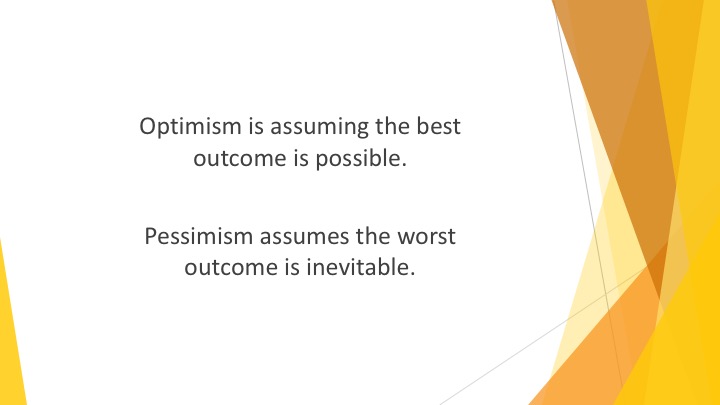
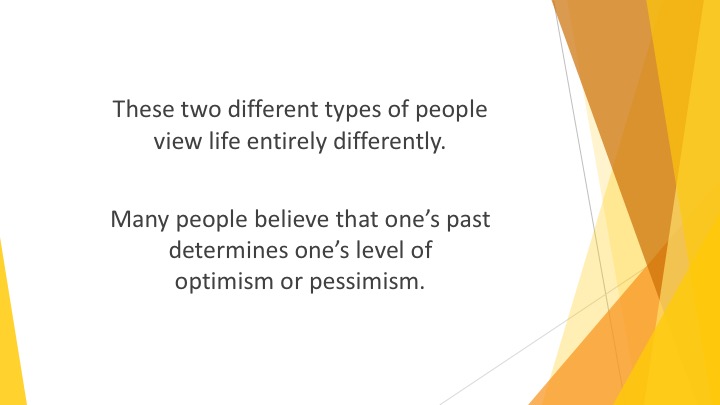
**Introduction**

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**S1** : Pause for 2 seconds

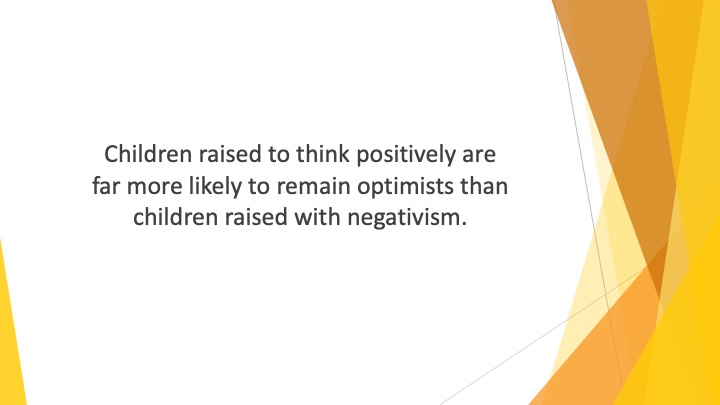


**S2** : Optimism is assuming the best outcome is possible. Pessimism assumes the worst outcome is inevitable.

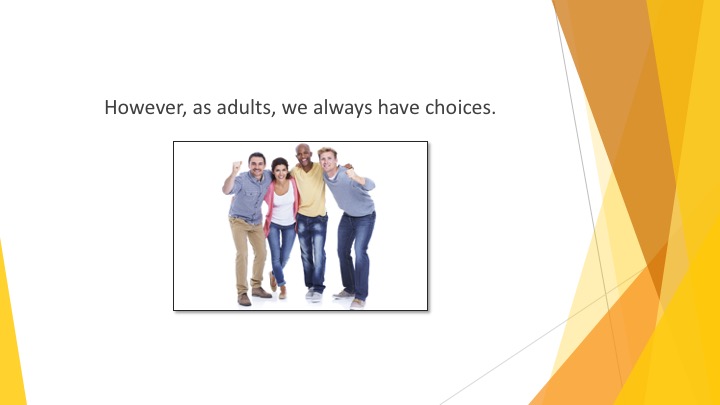


**S3** : These two different types of people view life entirely differently. However, there is little doubt that optimists are happier, healthier, and more success in all aspects of their lives. A little optimism goes a long way.

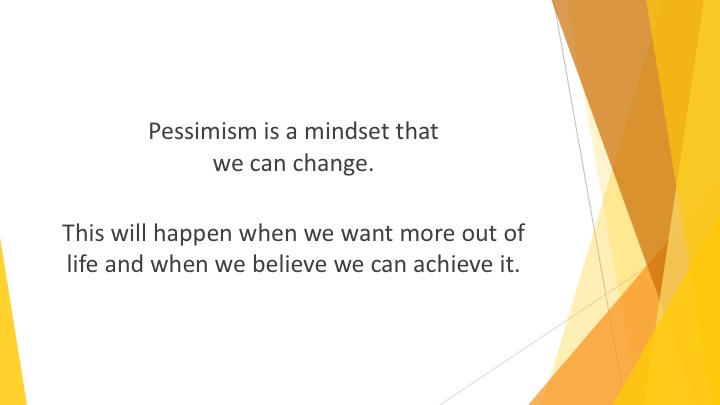
Many people believe that one’s past determines one’s level of optimism or pessimism.



**S4** : To a certain extent, that is true. Children raised to think positively are far more likely to remain optimists than children raised with negativism.



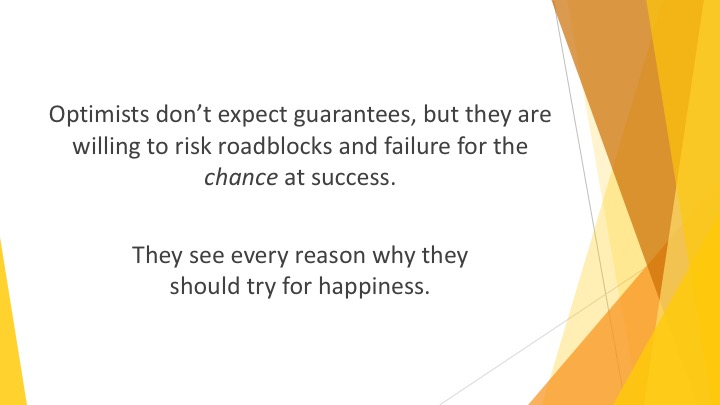
**S5** : However, as adults, we always have choices. Whether we spend our time making lemonade out of lemons or complain about the shortage of lemons is always choice. While optimists see possibilities, pessimists see problems.



**S6** : Pessimism is a mindset that we can change. This will happen when we want more out of life and when we believe we can achieve it.

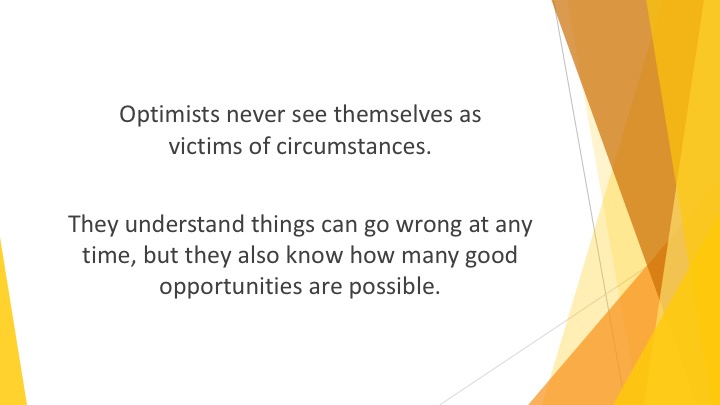


**S7** : While negative thoughts keep us focused on roadblocks and reasons not to act, optimism and positive thinking open our mind to new opportunities. It fills us with the belief that life can provide us with more.



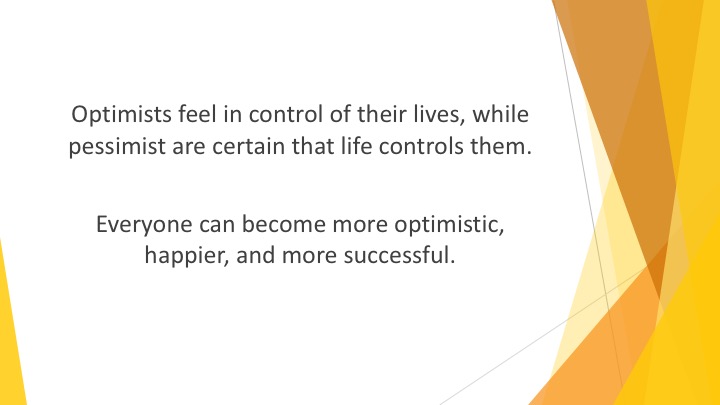
**S8** : Optimists don’t expect guarantees, but they are willing to risk roadblocks and failure for the chance at success. They see every reason why they should try for happiness.

It is this belief and mindset that determines the quality of their lives, not their ability, luck, or fate.



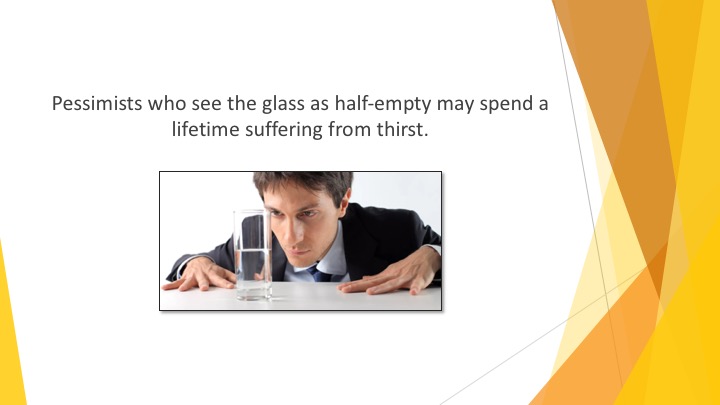
**S9** : Optimists never see themselves as victims of circumstances.

They understand things can go wrong at any time, but they also know how many good opportunities are possible. So, they learn to deal with obstacles to reach their goals and dreams. For optimists, obstacles are lessons to be learned on the road to success.

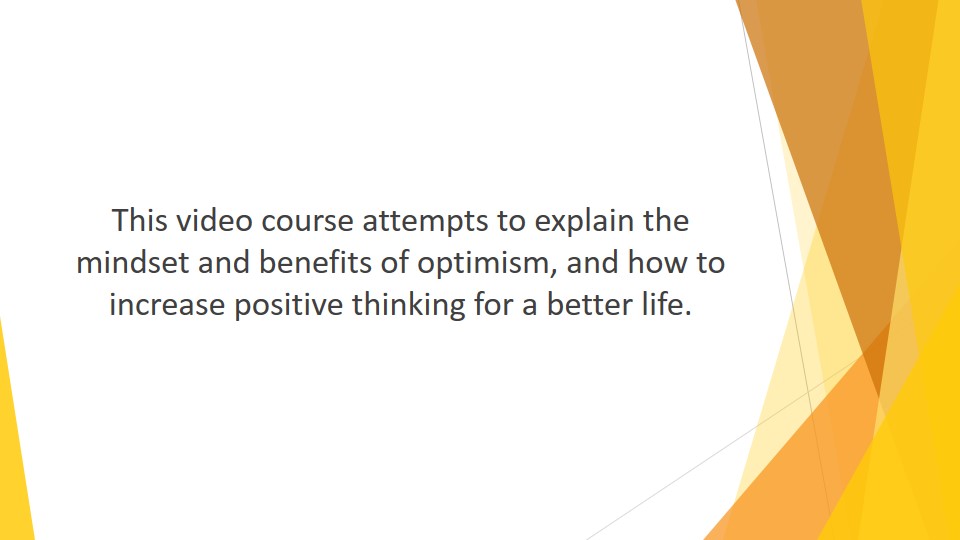


**S10** : Optimists feel in control of their lives, while pessimist are certain that life controls them.

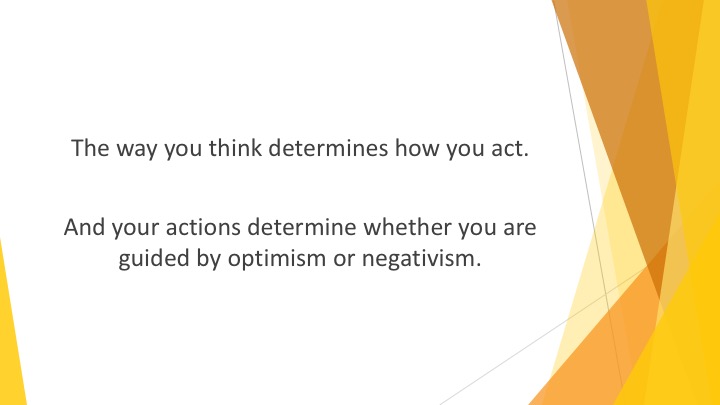
Everyone can become more optimistic, happier, and more successful. All you have to do is expect more out of life and realize that more is possible. Expectations have a way of being self-fulfilling.



**S11** : Those who view the glass as half-full have an excellent chance of enjoying a life of abundance because that is their expectation of life. Pessimists who see the glass as half-empty may spend a lifetime suffering from thirst.



**S12** : This video course attempts to explain the mindset and benefits of optimism, and how to increase positive thinking for a better life. Regardless of your circumstances, you can make positive changes that lead to greater success.



**S13** : The way you think determines how you act. And your actions determine whether you are guided by optimism or negativism.