

The Key To Overflowing Happiness &  
Unseen Opportunities

# RELENTLESS *Optimism*

## CHECKLIST



# Relentless Optimism Checklist

Optimism is assuming the best outcome is possible. Pessimism assumes the worst outcome is inevitable. These two different types of people view life entirely differently. However, there is little doubt that optimists are happier, healthier, and more successful in all aspects of their lives. A little optimism goes a long way. This checklist will run you through the simple tips and techniques to be in control of your own life.

## Chapter 1: What is Optimism?

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.

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.

## **Chapter 2: Benefits of Optimism**

Before we discuss how optimism can and will lead to greater success in all areas of your life, it's important to consider the actual physical health benefits that positive thinking can bring about. Many studies have shown how optimism can help individuals cope with illness and maintain better overall health. Your mind and body work as a unit. When your mind is well-tuned, your body reaps the benefits.

- Optimism and Heart Health
- Blood Pressure
- Infections
- Overall Health
- Optimism and Longevity
- Optimism and Stress
- Optimists Are Better Leaders
- Optimism Encourages Persistence
- Optimism and Anxiety

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

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.

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.

- Practice Gratitude
- Imagine Yourself at Your Best
- Learn to Believe in Your Self Again
- Treat Yourself to a Reward
- Get Physical
- Take Advantage of Nature's Bounties
- Don't Dwell on the Past or the Future
- Commit to a Positive Habit
- Get Involved

## **Chapter 4: Optimism and Relationships**

Relationships require work. No relationship will survive, especially for the long-term, if you won't put considerable effort into it. No one is perfect, and an optimist doesn't expect it. For him or her, what is important is that the positives outweigh the negatives.

### **How to Infuse Your Relationship with More Optimism**

Any optimist knows that success requires work. Even if your relationship is good, there are ways to kick it up a notch.

1. Sure, our friends always listen when we complain about our partner. That's what friends are for. While venting is perfectly fine, try "venting" about some of the good things your partner has done. "Joe did the dishes without being asked." "Mary always has coffee ready when I get up." Think of your partner in positive terms rather than negative.

2. Thank your partner for the small things. It's easy to take someone for granted.
3. Share happy memories of the two of you. You had a great vacation, so why not keep the memories and positive feelings flowing. Take out the pictures and review the photographs. Share how much you enjoyed the different types of food and suggest you try a few different restaurants. Keep the good feelings alive.
4. Many couples are busy discussing the daily grind of marriage – bills, work, repairs, kids, etc. - they forget to talk about themselves. Ask your partner questions such as, “When did you know you wanted to get married?” Or share your own memories. “I still remember my heart pounding when you first walked into that restaurant.” These conversations are a great deal more optimistic than, “Why can't you ever pick up your socks?”



# Chapter 5: Steering Clear of False Purpose

If you look around yourself, you'll see that most people follow the same dream. So much so that they all seem to have the same purpose.

The most common example of this is how everyone believes their purpose in life is to earn money. In addition to that, starting a family also accompanies this desire to acquire wealth.

It can be very easy to believe that a false purpose is your actual purpose in life. You could be influenced by family, colleagues and society. All these factors sometimes convince you that a certain purpose is your true one. However, in reality, it may not be so at all.

- Recognizing false purpose
- Why you need to steer clear of false purpose
- How can you steer clear of false purpose



## Chapter 6: Importance Of Defining Your Life Purpose

Finding your life's purpose can help you reach great heights. Before you find your purpose, you need to define it. It's only logical that you do everything in steps.

Whenever you decide to do anything in life, you take a step-wise approach. From performing reactions in a lab to cooking, everything needs to be done in steps. So, it is quite logical to define your purpose before you set out to find it.

- Gives you direction
- Keeps you from getting distracted
- Keeps you organized
- Gives you time for experimentation

## Chapter 7: How To Find Your Purpose And Passion

You may have all the prerequisites for happiness including a job, a happy family and a big house. But why is it that you don't feel fulfilled? If you constantly feel that something is missing, then the missing piece of the puzzle could be your purpose.

At this stage, you need to sit down and re-evaluate your life. Only by asking yourself and looking into your self will you find the answers. No one knows you better than yourself. So, it's you and only you who can find your purpose. Your job is to find this purpose and polish it well. Because when you accomplish that, your life becomes so much more meaningful.

- Find what excites you
- Ask yourself why
- Explore your options
- Don't suppress your doubts

# Chapter 8: Transitioning To Your Life Purpose

The grind doesn't end once you discover your purpose. When you finally know what gives your life meaning, you are excited, pumped and passionate. But, is that enough? Well, actually no. It's not.

The next step in the process is to transition to your life purpose. This means making changes, perhaps lots of changes. So how do you transition? Here's how:

- Set your goals
- The fear factor
- How to make this transition
- Systems are important