

Optimism – Why it matters

Optimism is related to hope, positive predictions, and motivation.

Resilience is closely tied to how you see things. Your perspective is related to the way you view yourself, others, and your circumstances. When you know how to expect good things, believe in your own abilities, have a sense of control, and maintain a healthy lifestyle, you can live your life to its fullest. Without the right perspective in the following areas you won't be able to achieve your full potential.

Without optimism, you will have a tendency to see things as difficult to overcome and you may give up too easily. Challenges and obstacles can deter you from enduring, which makes it hard to be successful and achieve what you want. When change is feared, or causes discomfort, you may find it easier to withdraw and stick with what you know. Without optimism, it's difficult to experience happiness!