



Optimism

Situation: Describe a challenging situation you are currently facing or expect to face in the near future

Rank your Situation based on these 3 criteria	Pessimistic Response  Enter your thoughts that correspond with the situation below	This is me (Check Below)	Optimistic Response  Enter your thoughts that correspond with the situation below	This is me (Check Below)
This will last forever!				
This will change everything!				
This will ruin me!				