



Optimism

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

<p>The Three P's</p> <p>Rank your Situation based on these 3 criteria</p>	<p>Pessimistic Response</p>  <p>Enter your thoughts that correspond with the situation below</p>	<p>This is me</p> <p>(Check Below)</p>	<p>Optimistic Response</p>  <p>Enter your thoughts that correspond with the situation below</p>	<p>This is me</p> <p>(Check Below)</p>
<p>Permanence</p> <p>This will last forever!</p>				
<p>Pervasiveness</p> <p>This will change everything!</p>				
<p>Personalization</p> <p>This will ruin me!</p>				