



## Are You An Optimist Or A Pessimist?

Will be the glass half full or half empty? Will this product, policy, strategy work or fail? Can I really achieve my dreams or are we residing in fantasy-land?

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These and a huge selection of other questions are asked every single day by well meaning and hard employees.

Lionel Tiger as part of his great book, Optimism, the Biology of Hope, written over 40 years ago discusses how optimism impacts a person's attitudes, outlook, success and health. He implies that those people who are less optimistic about life, the current and also the future tend to get sick more frequently and frequently die sooner. Inside the book, Learned Optimism by Segleman, he discusses how each of us begins every project, activity, task, relationship, career etc. with whether YES or even a NO or perhaps a YES I'm able to and I will or NO I cannot and that i won't in their hearts.

You can't measure optimism. You can't bottle it, regulate it, run out of it or manufacture it however you can learn to develop it if you will usually the energy. Some people feel it is better to be realistic than optimistic - why set yourself up for disappointment? Let me know what exactly is realistic? Looking back in the last A century. Where would we be if: Edison, Bell, Gates, Ford, Land, Disney etall. were realistic? If their attitude had been, it hasn't been done yet and so i guess it wouldn't be performed!

There are several advantages to having an optimistic outlook. And simply as numerous pitfalls in lacking one. Here are a few of the benefits.

Benefits:

You may get more jobs done, you should have more fun. you will end up happier, you will have more friends, you may enjoy life more, you'll be healthier.

Pitfalls:

The pessimists around the globe will laugh, smile or perhaps gloat whenever your optimism generally seems to give you no real obvious benefits. But no-one can determine the hidden payback that will not be evident to society but can be a known is likely to mind and heart.

If you are wondering, questioning or challenging my thinking here I'll provide you with an idea.

Should i be positive and optimistic about something and I am wrong, what have I lost. If you are negative or pessimistic about something and you're right whoever else gained?

In the long run it truly isn't about whether i was wrong or right, negative or positive or optimistic or pessimistic. The one thing that matters is did we live a peaceful, happy and contented life with whatever views we held.

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