



Are you currently An Optimist Or even a Pessimist?

Will be the glass half full or half empty? Will the product, policy, strategy work or fail? May i really achieve my dreams or are we living in fantasy-land?

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These and hundreds of other questions are asked every day by well meaning and hard employees.

Lionel Tiger in his great book, Optimism, the Biology of Hope, written over 40 years ago discusses how optimism impacts someone's attitudes, outlook, success and health. He suggests that those people who are less optimistic about life, the current and the future have a tendency to become ill more frequently and often die sooner. In the book, Learned Optimism by Segleman, he discusses how everyone begins every project, activity, task, relationship, career etc. with either a YES or a NO or a YES I can and I will or NO I cannot and I won't inside their hearts.

You cannot measure optimism. You cannot bottle it, regulate it, run out of it or manufacture it however, you can learn to develop it as it were only take the time and effort. Some individuals feel it is best being realistic than optimistic - why start trading for disappointment? Inform me what exactly is realistic? In hindsight within the last 100 years. 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 cannot be achieved!

There are several advantages to through an optimistic outlook. And simply as many pitfalls in without having one. Here are some of the benefits.

Benefits:

You will get more tasks completed, you will have more pleasurable. you will end up happier, you will have more friends, you'll take it easy more, you will end up healthier.

Pitfalls:

The pessimists around the globe will laugh, smile or even gloat when your optimism generally seems to offer 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 in your mind and heart.

If you are wondering, questioning or challenging my thinking here I'll leave you with a thought.

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

In the long run it isn't about whether we were correct or incorrect, negative or positive or optimistic or pessimistic. The one thing that means something is did we live a peaceful, happy and contented life with whatever views we held.

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