

Name:

# Being Optimistic

Area	Strengths	How I Could Improve
<ul style="list-style-type: none"><li>▪ Positive attitude.</li> <li>▪ Happy, regardless of the situation.</li> <li>▪ Forgive others.</li> <li>▪ Demonstrate gratitude.</li> <li>▪ Avoid the 'nay sayers'.</li> <li>▪ Genuinely smile lots.</li> <li>▪ Happy for others.</li> <li>Other:</li></ul>		