

Optimism

Optimism and positive thinking go hand in hand.

Explain what you do to remain positive.

1

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Optimism

Optimism in challenging situations.

Explain a time you remained positive in a tough situation. How did it help?

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Optimism

Lack of optimism.

People that complain often lack optimism. How can you help somebody who always seems to complain?

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Optimism

What it takes.

List 5 things you can do that show optimism.

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Optimism

Wait — — - before reacting.

Why is it important to wait before reacting and how does this support optimism?

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Strive for success.

How does striving for success support optimism?

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Optimism

Make the world a better place is a sign of optimism.

What things can you do to help make the world a better place?

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Optimism

Learn from your mistakes.

Explain a time when you made a mistake and learned from it. How does optimism help you when you make mistakes or get a bad mark?

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Optimism

Optimism is having a sense of hope.

Explain a time when you displayed a real sense of hope. How did it help you remain optimistic?

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Optimism

Challenges are opportunities.

Explain what is meant by 'challenges are opportunities' and how does this help with optimism?

10

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