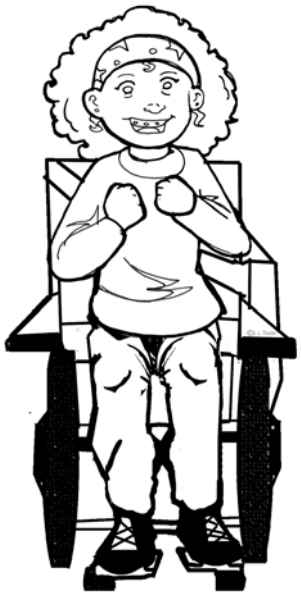
Name:

Optimism



1. **Provide a time where you made the best out of a difficult or trying situation.**
2. **How is optimism similar to having a positive attitude?**
3. **Why is it important to be optimistic?**
4. **Optimism is a choice, explain this.**
5. **Why should you think positive thoughts about yourself and others?**
6. **How do you feel when you are around people who are negative?**

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