

Safe Optimism – It's Your Choice!



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According to a US News and World Report poll, sixty percent of Americans said that President Obama's inauguration made them feel "more hopeful about the next four years." Even though the economy's growth charts are hitting bottom, various news outlets are reporting a surge in spirit.

So, what's going on? Is optimism an unwise strategy leaving us unprepared? Is it really safe to be an optimist through doom and gloom? Optimism is about working creatively with potential, not being limited by the challenges. It's about the glass half full *and* not deluding ourselves that the glass is filled with champagne. The key to optimism is tuning in to how we interpret the events playing out *in our own lives*. Are we looking for the opportunities and making predictions that we can realize with our own actions? The choice is ours. It's about thinking accurately, making calculated risks and when things go wrong, seeing the setbacks as temporary. It's about being innovative, flexible and resilient and being able to move forward from a fall. Optimism is the mindset that encourages sound and practical ingenuity and shines a light: for yourself and others.

Twelve Tips to Safely "Go Optimistic":

- Optimism is not about sugar coating the truth. Lying gets you into trouble- even with yourself!
- Think of possibilities from different perspectives.

- Stop talking in absolutes. Eliminates the words nothing and never from self talk.
- Set specific goals that are attainable.
- When you are feeling down due to personal circumstances, take stock of your strengths.
- Lower the stakes, not the standards: Don't have your whole life riding on the outcome of one event
- Savor small triumphs, steps leading to the bigger picture.
- Set aside self blame and learn from your mistakes.
- Surround yourself with positive people
- Do not read, watch or listen to the news if you become "too upset".
- Take a few minutes each day to reflect on your feelings.
- Cultivate generosity and gratitude.

We are the only ones who can control our attitude. By focusing on what is strong and enduring and seeing our potential, we can take calculated risks and overcome challenges.

If you need help with this, I recommend life coaching:

www.balanceandpower.com/coaching.php
and meeting regularly with like minded folks. Check out The Balance and Power™ Network and other group offerings on www.balanceandpower.com/events.php

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