

Strategies to Be More Optimistic

How do you feel right now? _____

Why?

Step 1. Remove and Refocus Negative Thoughts

Why?

Example:

Step 2. Laugh/Smile More

Why?

Example:

Step 3. Be Grateful

Why?

Example:

Step 4. Set Goals/Make a Plan

Why?

Example:

Step 5. Take a Breather

Why?

Example:

