

Glass half full



Realistic optimism is a positive way of looking at the world, at situations, at people and at yourself. It is grounded in truth and possibility. It's a choice that resilient people make, and a habit they develop, to stop them sinking down into the spirals of disappointment, fear and shame.

Don't dwell on the negative



Focus on what's working

Take a situation that you're
feeling down about

Ask yourself:

- What's working? What's not working?
- What would make a difference?
- What could I do differently?
- What action could I take to improve things?
- What action will I take....? (some small steps)

Today's glass half full insights

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Intention for tomorrow

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