

OPTIMISM CHECKLIST

The following checklist is made up of tips and techniques to help you develop and maintain a more optimistic outlook. This is especially useful when looking at your success and failures. Place a check mark beside those that are the most meaningful to you. Then use the space to add specific reminder notes to yourself. Use the list to create your own action plan!

- ☐ 1. Ask yourself, is it *helpful* to have this belief right now?
- ☐ 2. Ask yourself, are there *other* causes for this situation?
- ☐ 3. Ask yourself, what is the actual *proof* that this bad situation is permanent, pervasive, or personally my own doing?
- ☐ 4. Ask yourself, so what? In the long run, is this *really* important?
- ☐ 5. Stop the rumination! Snap a rubber band on your wrist, carry an index card ... just say "No!" to circular worrying.
- ☐ 6. Jot down what's bothering you, and schedule a time to worry about it. (Then don't bother to keep that "appointment!")
- ☐ 7. Visualise doing well. Relax, and picture in great detail the success you deserve and *expect*.
- ☐ 8. End each day by reminding yourself of three positive things you've done today or three positive qualities you have.
- ☐ 9. Let it go! Anger and disappointment about the past poisons your present potential.
- ☐ 10. Sort out what you can and can't control, and then go with change rather than against it.
- ☐ 11. Act as if you feel good, as if you're positive and enthusiastic about the future. By acting so you become so.
- ☐ 12. Start today! What's one positive thing you want to continue doing or start doing?

Reminder notes:
