



THE
DAILY OPTIMIST

CHANGE YOUR MIND AND YOUR LIFE

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INTRODUCTIONS

In this guide you will learn what optimism really is and why it is so important that you transition to it. There are many benefits to being an optimist. You will have a positive outlook on life, be happier and more confident in your abilities and your future.

You will learn the major benefits of optimism which will motivate you to make the required changes. Your thoughts are responsible for what you have and don't have today and if you want to be an optimist you need to change your thinking. This is all explained in the guide.

The first step to optimism is to eradicate any pessimism that you have and you will see the best methods for achieving this. You will also learn how to identify what you want and set goals. There are proven methods for boosting optimism and daily rituals for maintaining it at the end of the guide.

Everything that you need to know about successfully transitioning to optimism is in this powerful guide. So please read every word and apply what you learn. The steps outlined in the guide require practice, patience and persistence.

WHAT EXACTLY IS OPTIMISM?

CHAPTER 1

You will have heard of optimism before but do you really know what it is? Some people believe that you are either born an optimist or you are not. This is complete nonsense. Anyone can become more optimistic no matter what their background is.

Unfortunately, there are far more pessimists than optimists in the world. If you are someone that experiences negative thoughts on a regular basis and are concerned for your future then this powerful guide is definitely for you. When you learn how to become an optimist you can totally transform your life.

Optimism is a Mindset

Optimism is a state of mind. This is good news because it means that you can develop an optimistic mindset. When you have a mindset of optimism, you will be positive about your future. You will be full of hope that your future will turn out the way that you want it to.

An optimist sees good things in every situation. Even when things seem to be going against you, you will see positive things here. Most people do not have the ability to do this and will just think that the world is against them.

When you become an optimist, you will see challenges as a way for you to learn and grow. You will consider all setbacks to be just temporary. An optimist always believes in tomorrow. No matter how bad today has been, tomorrow will be better.

As an optimist you will focus on the brighter side of life. It is probable that you will experience significantly more positive feelings in your life than other people do. You will not be concerned about your future as the majority of the population are. It is a great thing to be an optimist.

Characteristics of an Optimist?

How do you know if you are an optimist right now? Optimists exhibit a number of significant characteristics, and if you see most of these signs in yourself then you are certainly on your way to being an optimist. If you don't see many, or any of these signs then don't worry. This guide will help you to change all of that. Characteristics of an optimist include:

- You feel positive about the future and expect good things to happen
- You believe that you will succeed in life no matter what challenges you are faced with
- You see good things in every situation – even if the situation is very bad
- You always expect things will work out for the best in the end
- You believe that setbacks and challenges are your opportunity to learn and grow
- You have a very positive attitude about yourself and others around you
- You do not dwell in the past and take responsibility for all of the mistakes that you have made in your life
- You never let a single bad experience alter your expectations for a successful future

The truth is that several factors can influence your optimism. How you explain the events in your life will help you to determine whether you are an optimist or a pessimist. These are your explanatory styles.

Understanding Explanatory Styles

You may see an explanatory style referred to as an attributional style. They are the same. An explanatory style is simply the way that you explain the events of your life. There are three main ways that a person can explain the events of their life. These are very important in determining if they are an optimist or a pessimist:

1. **Stable or Unstable** – do you believe that time can change things or do you believe that things will always stay the same irrespective of time?
2. **Global or Local** – do you see various experiences as reflecting a part of your life or do you think that these experiences are a reflection of your life as a whole?
3. **Internal or External** – do you believe that you are the cause of the events in your life or that you have no control over this and an external force is responsible?

If you are able to see things really clearly in your life then that is certainly a good thing. But most people do not have this gift. We will look at the events that we have experienced in our lives and attribute each of them in an optimistic or pessimistic way.

Explanatory Style of an Optimist

The explanatory style of an optimist is the opposite of that of a pessimist.

When they explain the events of their lives, optimists will believe that all of the positive experiences they have had are the result of their personality traits and the actions that they took. This is having an “internal” view of things.

An optimist will explain all of the events in their life as proof that better things are going to happen in the future. This is taking the “stable” approach. They also believe that they will experience positive outcomes in the future that will have an impact on all areas of their life which is the “global” view.

If a negative event occurs in their life, then they will explain this as being out of their control which means that it is “external”. They see these negative incidents as rare and believe that this will not impact their future or other aspects of their lives. This is the “local” approach.

Here’s a good example to illustrate all of this. When an optimist achieves a promotion in their job, they will believe that this is down to their actions and their ability to perform the job well. They will also believe that they will achieve further promotions in the near future.

If they are overlooked for promotion, they will believe that external circumstances beyond their control are the cause of this. They may feel that their performance over the last few weeks was not as good as it should be due to some extenuating circumstances. An optimist will believe that they will improve and that they will get the promotion that they deserve soon.

Explanatory Style of a Pessimist

As we said earlier, a pessimist will explain the events in their life in a total opposite way to an optimist. They will feel that any bad experiences that they have will be the result of their incompetence or mistakes they have made. This is the “internal” approach at work.

Pessimists will believe that making a single mistake means that there will be more mistakes to follow which is the “stable” approach. They also believe that because of their failings they will make mistakes in other areas of their life as well and this is the “global” approach.

Anything positive that happens to a pessimist is total luck, which is “local”. All of these positive experiences are the work of external forces that they have no control over and this is the “external” approach. They believe that any positive experiences are very unlikely to happen to them again and this is the “unstable” approach.

If a pessimist is promoted at work, then they would view this as a very lucky event. They could not see any further promotions happening for them. A promoted pessimist is likely to think that any promotion will mean that the bosses will be looking at them a lot more closely in the future.

When a pessimist is overlooked for promotion, they will explain this as them not being good enough or possessing the right skills for the job. With this firmly in their minds, being continuously overlooked for promotion would be something that they would fully expect to happen.

In the next chapter we will discuss the benefits of being an optimist...



THE BENEFITS OF BEING AN OPTIMIST

CHAPTER 2

When you are an optimist, it will do a lot more for you than just lift your mood. There has been a lot of research conducted about optimism and pessimism and the outcome of these studies suggest that there are multiple benefits to being optimistic in life:

Optimists tend to be Healthier

If you have an optimistic view on life and see good in everything then it is more likely that you will feel and be healthier. You will feel good about your wellbeing and believe that your health will always be there to support your future.

It doesn't matter where you live in the world as there have been studies in most countries that prove optimistic people tend to be healthier. You are 50% less likely to suffer from cardiovascular diseases and if you are unlucky enough to suffer from a serious illness then you have a higher probability of survival.

On the contrary, there have been studies of pessimism that show that people that have a negative outlook on life are much more at risk to serious illness. They are far more likely to suffer from bad health and will probably die earlier than optimists will.

Optimists are likely to Achieve More

There has been research conducted by Martin Seligman, known as the father of positive thinking, where he analyzed different sports teams. He concluded that the teams that had more optimism were able to create a really positive synergy and outperformed those teams that were more pessimistic.

It makes a lot of sense that optimists are likely to achieve more than pessimists. An optimist has greater belief in their ability and thinks that their talent and actions are responsible for the good things that happen to them in life.

Optimists are less likely to Give Up

An optimist is likely to have a much higher level of persistence than a pessimist. They are more likely to have set challenging goals for themselves than a pessimist and will continue to work towards achieving them no matter what challenges they face along the way.

When you are an optimist, you will see all setbacks as a chance for you to learn and grow. Whatever happens on your journey to achieve your goals will not faze you and this means that you will be more likely to achieve the goals you set.

Optimists have better Emotional Health

There is a lot of evidence to suggest that cognitive therapy, the reframing of the thought processes of an individual, can be as effective or even more so than antidepressant drugs to treat clinical depression. Also, results achieved from cognitive therapy usually will last a lot longer than the temporary nature of antidepressant medication.

People that have an optimistic mindset are far less likely to suffer from depression or anxiety. They are positive about their future and are not easily overwhelmed by any setback no matter how large or small it may be.

Optimists tend to Live Longer

There was a famous study of around 34 famous baseball players that were all in the Hall of Fame. These players were active from 1900 to 1950. In this retrospective study it was found that the optimistic players outlived the pessimistic players by quite a long time.

More studies were conducted with patients that were suffering from serious diseases such as breast cancer. These revealed that the more optimistic a patient was, the more likely they would survive and live long after the illness.

Optimists tend to be Less Stressed

An optimist will probably suffer from a lot less stress than a pessimist. Optimists expect good things to happen and are rarely overwhelmed when things do not go to plan. They think that a negative event is just a temporary thing and that tomorrow will always bring better results.

At the same time, an optimist will view a good experience as a sign for more good experiences to follow. Optimists have belief in their skills and their ability to achieve whatever it is that they want in life. They will not worry about the future in the same way as a pessimist will.

Optimists tend to be a lot more proactive than pessimists and will look for ways that they can reduce stress before it happens. They believe that putting in the effort to avoid the things that will cause them stress is the best way to go.

Optimists are better Dates

Would you rather be in a relationship with a person that sees good in everything or someone that sees bad in everything? An optimistic partnership tends to be a much happier one than a pessimistic partnership or where one person is an optimist and the other is a pessimist.

It is still possible for an optimist and a pessimist to have a good relationship though. Over time, the pessimist will be infected by the happy disposition of the optimist and this will result in them changing their outlook to be happier.

Optimists tend to be “luckier” in Business

It is probably not down to luck that an optimist will receive a higher number of job offers than a pessimist. The same can be said about optimists in business who win more contracts than pessimists do. People are attracted to optimists because of their belief that good things will always happen and that the future is bright.

There have been a number of studies that show optimists earn higher salaries than pessimists do. An optimist is more likely to receive a higher starting salary than a pessimist as well. Very few successful business people are pessimists.

An optimist is probably going to enjoy the work that they do a lot more than a pessimist will. You can spot a pessimist in the office a mile away. They will be the one at the water cooler telling their colleagues how difficult their job is and how hard they have to work to get anywhere.

In the next chapter we will discuss the power of your thoughts...



THE POWER OF YOUR THOUGHTS

CHAPTER 3

Your thoughts determine what you have and don't have in your life right now. They determine who you are. All of your actions to date have been driven by your thoughts – good or bad! If you want to be more optimistic then you need to change your current thoughts.

Think about specific events that have happened in your life. These all began with a single thought. You would not be driving a car now if you had not had an initial thought to do this. The same goes for being in a relationship and getting married.

The scientists claim that the average human experiences thousands of thoughts each day. Some of these will be positive thoughts and some negative. If you are an optimist then the majority of your thoughts will be positive. For a pessimist, the opposite is true.

Most people are somewhere in the middle. They experience both positive and negative thoughts and are sometimes optimistic and sometimes pessimistic. By using the techniques in this guide, you can transform yourself from where you are now to being an optimist.

You Control your Thoughts

A lot of people believe that they are powerless to change their situation. They think that their destiny has been mapped out for them and that they are stuck with what they have. This is total nonsense of course.

Although our thoughts govern our attitudes and behavior, you can change them. They are your thoughts after all. Certain things will trigger either positive or negative thoughts for you. You may think that there is nothing that you can do about this but you would be wrong.

Negative thoughts can occur by you dwelling in the past and focusing on the mistakes that you made. Or you can start a negative thought spiral from thinking about your future. Neither of these are good and you need to change this if you want to be an optimist.

Thoughts, Emotions and Behavior are Linked

A thought on its own has no power at all. Only when you pay close attention to a thought do you start to see the consequences of it. By engaging with a particular thought, you will experience emotions about that thought. Your state will change if the emotions are strong enough and this will result in a change of behavior.

Pessimists often have the thought that they are worthless. They will pay attention to this thought and it will invoke strong emotion within them. This leads to feeling depressed and your physical body will change. Your head will be down and your shoulders slumped. You will feel terrible and powerless.

When you pay attention to an empowering thought it is going to put you in a much more positive state. The emotions that you experience will drive you to take the appropriate action to turn this thought into a reality. Your physical body will change and you will feel energized.

This is the way that your thoughts, emotions and behaviors are linked:

- Your emotions are your reactions to the thoughts that you focus on
- The way that you feel is directly related to what you are thinking
- You live in a world of thoughts – you create experiences in your life based on the thoughts you pay attention to

All of the problems that we experience in our lives comes from the way that we think about something. Your business not working is not the problem – the problem is the way that you perceive the situation. A problem is the way that you react emotionally and physically to a thought.

So, if you think that you are no good at public speaking, you will be no good at public speaking. If you think that you are good at negotiating then you will be a good negotiator. The more that you think these things, the more they become a part of who you are.

Repetitive Thoughts shape your Life

We all perceive the world slightly differently. The way that we see things internally is going to be different to the way another person sees them. Habits drive our lives and they all started with a single thought. If you have a bad habit such as procrastination, you have continuous thoughts about this which reinforce the habit.

Breaking negative thought patterns is essential for your success as an optimist and we will show you how you can do this later in this guide. It is not easy to break a habit because you have been experiencing the same thoughts about it for a long time. But it is possible.

To become an optimist, you need to break the habits that are making you pessimistic. Then you need to install the empowering habits of an optimist. We warn you right now that this is not going to be easy. You will need to be consistent and persistent in your actions.

Your Powerful Subconscious Mind

To make things easy, we are going to suggest that you have two minds that are responsible for your thoughts:

1. Your conscious mind
2. Your subconscious mind

Some experts will tell you that you have 3 minds but it doesn't really matter. Just know that there is a conscious and a subconscious element. Your subconscious mind is a very powerful thing and you can learn to use it to your advantage rather than your disadvantage.

Habits are formed in your subconscious mind. It has picked up that you have the same thoughts about something over and over and made this an automatic reality for you. Your subconscious mind will not dispute what you tell it. If it hears something often enough then it will make it part of who you are.

Think about driving a car. Have you ever been on a long journey, arrived at your destination and wondered how you got there? This happens to most people. What got you there was your subconscious mind driving the car. You needed your conscious mind to make you aware of conditions on the road, but the rest happened automatically.

You can Reprogram your Subconscious

Your subconscious mind can either be your biggest enemy or your greatest friend. It stores all of your limiting beliefs and will automatically apply these in your life. So, if you have a limiting belief that you will never be successful for example, your subconscious mind will ensure that this is a reality for you.

It works the other way as well. If you reprogram your subconscious mind to eradicate a limiting belief and replace it with an empowering belief then it will work in your favor. There are ways that you can do this effectively that we will cover in future chapters.

For now, we just want you to accept that you can reprogram your subconscious mind. If you are more pessimistic than optimistic right now then you will need to do this to be an optimist. It is not as difficult as it may sound so do not concern yourself with this.

In the next chapter we will discuss the fundamentals to of changing your thoughts...

THE FUNDAMENTALS OF CHANGING YOUR THOUGHTS

CHAPTER 4

The rest of this guide is going to all be about changing your thoughts. You know that your thoughts are responsible for who you are and what you do. It is possible for you to change your thoughts so that you can make the transformation to optimism.

Unwavering Belief

It is critical that you believe that you can change your thoughts. Many people have done this and changed their lives for the better. If they can do it, so can you. Without unwavering belief that you can change your thoughts, you will never truly become an optimist.

Your future is dependent on your mindset. If you have a pessimistic mindset then you will be fearful of your future and it will be uncertain. With an optimistic mindset, you will write the rules of the rest of your life. You will be in control of your future.

A lot of people do not believe that they can change their thoughts and they will always be pessimistic. This is not a place that you want to be in, so make a commitment to believe that you can change your thoughts and that you will change them to empower you.

Challenge your Self-Talk

All day and every day we have thoughts in our heads. There is self-talk that is going on in our minds. A lot of the time, this self-talk is negative. If you do not challenge this negative self-talk then you will never make the transition to being an optimist.

Your self-talk is so important that it can either provide you with everything that you want in life or deprive you from the things that you want. No matter how much of an optimist that you are, you are going to experience negative self-talk at some stage. The way that you deal with this is extremely important.

What starts as a single thought from your self-talk can soon spiral out of control and fill your head with negativity. You must stop this and you can stop it. The best way to do this is to neutralize negative self-talk with positive self-talk and then make the majority of your self-talk empowering.

Reframing Negatives to Positives

Unfortunately, human beings tend to focus more on the negatives in life than they do on the positives. The good news is that you can turn this around. Each time that you experience a negative thought you need to neutralize it with a positive thought.

For example, if the negative thought is “I can’t do this” then you can neutralize this with the positive thought “I can do anything”. This is not a miracle fix and is something that you need to persevere with. Over time, this neutralization will occur automatically because you will have installed it as an empowering habit.

As you continue with thinking positive thoughts to overcome negative thoughts, positive thinking will become more dominant within you. This is the beginning of optimism so it is well worth your time and effort to be persistent with this.

Move out of your Comfort Zone

We all have comfort zones. This is what we are comfortable doing in our lives. When things present themselves that try to force us to leave our comfort zones, we can react to them in one of two ways:

1. Run away from anything that is outside of your comfort zone
2. Embrace the opportunity to break through your comfort zone and make it bigger

Which option do you think an optimist will go for? They will take every opportunity that they can to break through their comfort zone and grow as a person. The pessimist will do everything that they can to avoid moving outside of their comfort zone and prefer to stay where they are.

When you are an optimist, you are always willing to take on new challenges. You want to acquire skills that you do not currently possess. Acquiring a new skill or doing anything that you haven’t done before will take you out of your comfort zone.

If you do not consider yourself very social then you will need to step out of your comfort zone to overcome this. No matter how painful it is for you, make an introduction and start a conversation with someone else. You never know how new connections that you form with others can change your life.

Know what you want and Focus on it

Most people do not know what they want from their lives. They just drift along believing that their destiny will change somehow. It won't change unless you do something about it. You need to identify what you want and make a commitment to getting it.

It takes effort to identify what you really want which is why most people don't know. They would sooner waste their time on social media than come up with a plan for the rest of their life. Deciding on what you want is not as difficult as you may think. We will address this in a later chapter.

You learned earlier in this guide that you get what you focus on. If you focus on your lack of money then you will get a lack of money. Conversely, if you focus on abundance then you will have abundance in your life. Decide what you want and then create goals and plans to get it.

The Power of Gratitude

The two most common things that trigger negativity in a person's life are dwelling on past mistakes and being fearful of your future. To overcome this, it is good to focus on the present moment. One of the best ways to achieve this is to think about the things that you are grateful for in your life right now.

Too many people focus on the things that they don't have. When you do this, you will get more of what you don't have. Gratitude is showing your appreciation for the things that you do have at this moment. This can be things and people.

Some people find it difficult to find things to be grateful about. We cannot understand this because all you have to do is to take a look around you. To start with you are alive which is something to be very grateful for. Think about the people that you have in your life and be grateful for them.

What things do you have in your life right now? Instead of hating and despising your job, be grateful that it provides you with the money to feed you and your family and pay your bills. Does this mean that you cannot change your job? No, of course it doesn't!

When you adopt an attitude of gratitude you will transform your life. You will get more of what you want by doing this rather than complaining about the things that you don't have. Later we will show you how to be grateful every day of your life.

Eradicate your Limiting Beliefs

Irrational fear holds a lot of people back in life. They have limiting beliefs that make them more pessimistic than optimistic about life. You may have learned these limiting beliefs when you were a child and acted on them from then until now. This will make your limiting beliefs very powerful as they are embedded in your subconscious.

You can eradicate your limiting beliefs and you must do this if you want to be an optimist. The first step is to identify a limiting belief that is holding you back. Then you need to create a new belief or habit that will replace the limiting belief and empower you.

Is this easy to do? No, it is not that easy but it is possible and you have to do it if you truly want to become an optimist. Techniques like neuro linguistic programming (NLP) can help you to do this as can visualization and positive affirmations.

In the next chapter we will discuss how you can stop being pessimistic...

HOW YOU CAN STOP BEING PESSIMISTIC

CHAPTER 5

If you have a pessimistic nature then this is for a reason. You didn't suddenly become pessimistic. It is benefiting you in some way and you need to identify what this is. Maybe you use your pessimism as a way to hide your insecurities?

Pessimism is used by a lot of people as a coping mechanism. They do not want to change and move out of their comfort zone so they use pessimism and it serves them well. People will stop asking you to join in doing things that you are not comfortable with for example.

At the end of the day, pessimism is often used for protection. There are secrets that you do not want others to know about and you have a lot of irrational fears about things. The trouble with pessimism is that it can stop you achieving the things that you really want in your life.

Positive thinking and optimism are the opposite of pessimism. In this chapter we will discuss a number of methods that you can use to overcome your pessimism. Believe and apply these methods in your life so that you can transform to being an optimist.

Tackle your Irrational Fears Head On

You have to tackle your irrational fears. They are holding you back in life and you know it. The best way to achieve this is to tackle your irrational fears head on. If you have a fear of public speaking for example, learn how to do this properly and then put yourself in situations where you will need to speak to an audience.

Of course, this is not easy to do. For a long time, you have strengthened your irrational fears through your pessimism. You have avoided situations that you know will trigger your irrational fears. Take the time out to identify your irrational fears and then start to tackle them head on one at a time.

Each time you face your irrational fears head on you will give your confidence a massive boost. You will demonstrate that you have the inner courage to tackle the “impossible”. By continuing to harbor irrational fears you will never change and continue to be a pessimist.

Focus on what is Possible rather than what is Impossible

Pessimists tend to be rigid thinkers that believe that something is either possible or impossible for them. They will focus on the impossibilities which holds them back in their life. These impossibilities are a huge challenge for them. You need to stop this rigid thinking and focus on ways that you can achieve your impossibilities.

It all comes down to negativity at the end of the day. Start to think about how you can conquer the impossibilities in your life. What solutions are there for you? You need to think like a winner who can overcome any challenge. This is what an optimist will do.

Change your perspective on things. See the glass as being half full rather than half empty. It will take time and effort to do this but the rewards are well worth it. Make a commitment to change to flexible thinking rather than rigid thinking.

Forget what others think about you

It's a common trait among pessimists to be over concerned about what others think about them. They are afraid to do anything new in case someone else disapproves. Take responsibility for your own life and forget about what others think about who you are and what you do.

If you are always concerned about what other people think then you will never move forward with your life. You will not set any challenging goals for fear that someone else might not approve of what you are doing.

Change your thinking on this. Other people have their own lives to think about and will spend most of their time focusing on their plans and what they are doing. They are just too busy to focus on what you are doing. There may be a few people that will take an interest in what you are doing. Whatever they say to you is just their opinion. Do not let this deter you.

By changing your thinking in this way, you can free yourself from the constraints you have created related to the opinions of others. You will then be able to start taking those essential small steps to a more optimistic life.

Offer your Help to somebody else

As a pessimist, you are probably focusing on your problems too much. This is what fills your head with negativity. Helping somebody else is a great way to break this pattern. It will make you feel good to help another person and it will stop you thinking about the lack in your life.

Help others in a random way. Breaking your pessimistic thought pattern is easy when you do this. You have something else to focus on now – how you can help somebody else improve their life. Start by doing small things to help others such as opening doors for them and build on this.

Reduce your Exposure to Negativity

Negativity is all around us and the pessimist thrives on it. If you want to be an optimist and beat your negativity then take steps to drastically reduce your exposure to negativity. Stop switching on the news as soon as you wake up each day. Minimize the amount of time that you spend on social media reading about other people's problems.

We all know negative people and when you are just starting out on your journey to optimism then you need to minimize the contact that you have with these individuals. This can be tough because they might be members of your family, old friends or work colleagues. Do what you can to avoid them.

Be Grateful

We have talked about gratitude already in this guide and we will discuss it again here and later on. The reason is that it is so important for making the transition from pessimism to optimism. A pessimist usually focuses on what they are lacking in their life. This will start a negative thought spiral that will put you in a poor state.

Be grateful that you have food on the table and clothes on your back. If you have an old and beaten-up car then be grateful that it gets you around. You may not be living in your ideal home right now but be grateful that it provides you with shelter. Get into the habit of practicing gratitude every day.

Be in the Moment

Pessimists tend to spend a lot of their time thinking about how uncertain their future is. They worry about things that they cannot control such as the state of the economy. If they are not doing this then they are probably thinking about the mistakes that they made in the past and what a loser they are.

You need to break these patterns and the best way to do this is to be "in the moment". Expressing gratitude is an effective way to be in the moment. Another great way to do this is to learn and practice mindfulness meditation.

When you are in the moment it will allow you to experience more positive thoughts. It will open up your mind to all kinds of possibilities. Shift your attention to what is going on around you right now. This will stop you thinking about the future and the past.

Take Regular Exercise

When you are doing physical things, it will help you to “get out of your head”. If you start to experience negative thoughts then go out for a short walk to change your focus. Exercise is not just good for your body; it is good for your mind as well.

By exercising you will be able to release the tensions and worries that you are harboring about your past and your future. It is similar to being in the moment. You are now concentrating on running, swimming, lifting weights or whatever form of exercise that you are participating in.

A lot of people find that walking or running really helps them to clear their head. You need to find a form of exercise that will do this for you. If you have not exercised for a while then start off gently and gradually build on this.

In the next chapter we will discuss identifying what you want and setting goals...

IDENTIFYING WHAT YOU WANT AND SETTING GOALS



CHAPTER 6

One of the most important things about an optimist is that they have direction in their lives and they are positive about their future. True optimists always know what they want and they set challenging goals for themselves. You need to do the same.

The reason why most people do not have challenging goals in their lives is because they don't know what they want. In this chapter, we will address this and show you how you can identify what you really want. You will also learn how to set goals properly, create a WHY statement and also create plans for the achievement of your goals.

How to Identify what you want

You will need to find a place where you will not be disturbed for however long it takes. Some people can identify what they want in the short-term and the long-term very quickly, but it can take longer for others to do this. It doesn't matter. Just spend time using the methods below to identify what you really want.

Take a pen and paper with you as you are going to be doing a fair bit of writing. Think about the different areas of your life and what you want from these. Here are some life areas that you can focus on:

- Your health
- Your business or career
- Your wealth
- Your skills
- Your personality
- Your contribution

It is up to you which areas of your life that you concentrate on. Identifying what you want is not a one-off exercise. You can revisit this process over and over again so that you can identify new changes that you want to make and set new goals.

Pick one aspect of your life and write this down on the top of a piece of paper. Then ask yourself the question “what do I want to achieve with my X?” where X is your life area. So, if you were to chose your wealth then the question would be “what do I want to achieve with my wealth?”

Write this question down and focus on answering it to generate ideas. When you ask yourself questions and focus on them, your subconscious mind will want to help by providing some answers. Other answers will come from your conscious mind.

Be sure to write down everything answer that you receive. Don’t judge anything at this stage. It doesn’t matter how crazy the answer sounds, just record it and move on to the next answer. If you stop receiving answers then re-focus on the question and ask it again.

After going through this exercise with all the aspects of your life that you want to examine, you should have a long list of ideas. The next step is to go through each idea and see how they make you feel. Imagine that you have these things right now. What emotions do these stir up within you?

The ideas that stir up the strongest emotions will be what you really want. You feel very strongly about these things and that is just what you need. Write down these ideas on a new sheet of paper. If there are a lot of ideas then go through the same process so you can identify the top 3 in terms of emotions.

When you are starting out it is OK to go for just one goal so you need to make sure that this at the top of your list. If you believe that you have the time to tackle more than one goal then go for more but do not have more than 3 goals to aim for.

Create your Goals

Now that you know what you really want it is time for you to create goals to achieve it. You must write each of your goals down and we recommend that you use the SMART goal setting process to do this.

SMART stands for:

- Specific
- Measurable
- Achievable
- Realistic
- Timed

Every goal you create must have a specific outcome. If you want to earn more money in the next 12 months then decide on a specific amount. Maybe you want to lose weight? If so, decide how much weight you would like to lose.

It is important that you can measure your progress to attaining your goals. This is easy to do with financial goals for example but not so easy with other goals.

If you cannot measure your goals, you will never know when you have achieved them. Setting a goal just to lose weight or earn more money is useless.

Are your goals achievable and are they realistic? Going from nothing to being a billionaire in a year is probably not achievable or realistic. We do not want you to limit your goals too much but do test them for these two factors.

Finally, you need to add a time scale to each goal. You cannot leave this open ended. Some goals will be short-term and others will be long-term. They all need time associated with them. If not, you will be likely to prolong working on your goal and never achieve it.

Add an Emotional Driver

Do you remember that we asked you to see how each of your goal ideas made you feel? You need to add this feeling as part of your goal. We call this an emotional driver. Having a goal to lose 60 pounds in 6 months will not make you jump out of bed every morning keen to work on this. Having the right emotional driver will.

Be honest with yourself here. Why do you want to lose 60 pounds? Is it because you want to fit into some of your old clothes? This is a very weak reason. An emotional driver that states you will be very attractive to the opposite sex is a strong driver.

Create a WHY Statement

Create a WHY statement for each goal. This is the reason why you are going to all of the trouble of chasing after the goal. Use your emotional driver here. Write this down and make it really strong. Read your WHY statement and see if it really excites and inspires you. If not, write it again until it does. You will use your WHY statement to drive you every day.

Create Plans for your Goals

Each of your goals requires a plan. This is a detailed statement of how you are going to achieve your goal. It doesn't matter if your plan is accurate or not to begin with. You can tweak it as you make progress.

Your ultimate aim with your plan is to end up with actions that you can perform each day to achieve your goals. You are not going to think of everything the first time around so do not concern yourself with this.

In the next chapter we will discuss ways to boost your optimism...

HOW TO BOOST YOUR OPTIMISM



CHAPTER 7

We believe that everyone is born optimistic. Over the years, life gets in the way and takes its toll on your optimism. The good news is that you can get your optimism back whenever you want to. In this chapter we will look at various ways that you can give your optimism a boost.

Accept that you are not Perfect

An optimist will have a high level of self-worth no matter what imperfections they have. None of us are perfect and never will be. It doesn't matter if your personality traits are not perfect or certain aspects of your body. You need to accept all of your flaws and move past them. Only then can you be the very best version of yourself.

If you have identified some imperfections in your personality that you believe will prevent you from truly being an optimist then it is a good idea to address these. Maybe you are prone to bouts of negative thinking for example. Work hard on neutralizing these negative thoughts so that you can always have a positive outlook on life.

Start and Maintain a Journal

If you don't have a journal that you use every day to record your thoughts and feelings then start one right now. You don't need to go out and find an expensive journal. Any notebook will be fine. When you have your journal, you can start to add your goals, WHY statement, daily tasks and more to it.

Expressing gratitude every day will give your optimism a real boost. Write down three things in your journal that you are grateful for each day. In no time at all you will have many things that you are grateful for and you can go back and reflect on these at any time.

When you face setbacks in your life write these in your journal and also record how you overcame them. This will help you to see the progress that you have made with your optimism. A journal is a great thing to read and reflect on to give your optimism a boost when you need to.

Avoid letting one thing hold you back

There can be times when you feel that something is holding you back in life. It can really dampen your enthusiasm for life and test your powers of optimism. Maybe it is something from your past that is haunting you. Whatever it is, you need to let it go.

Your life is much more important for one thing to hold you back. If this is a character problem then work on it to fix it. Optimistic people always accept any challenges to learn and grow and you can do this with the one thing that is causing you the most difficulty in your life.

Optimists never get stressed about the small things in life. They focus their efforts on the bigger picture and let the smaller things take care of themselves. A pessimist can let even the smallest of things, such as having to wash the dishes, really bring them down. An optimist will focus on what is important.

Think about how good Tomorrow will be

If you have a list of daily tasks (which you should) then do not concern yourself every evening about those that you have not finished today. Instead, think about how great tomorrow is going to be for you. Think about three things that are going to make tomorrow really great for you.

Choose one of the three things and focus on it. Wallow in how good this thing is going to be for you tomorrow. Take a few minutes out to do this and make the emotions strong. This is a great way to eradicate any pessimistic thinking if your day has not gone as you have planned it.

Stop your Complaining

Some optimistic people are still prone to complaining about things from time to time. Maybe there is a problem with your car or your computer for example. Complaining about this is going to get you nowhere and just make you feel down.

Instead of complaining, fix the problem. If you need to pay for your car or computer to be fixed then do this. Don't let anything like this bother you too much. Things happen at times and you just need to accept this and move on. Don't waste your energy complaining, use your energy to do something positive for yourself or for another person.

Visualize your Best Self

Visualization is a powerful tool that you need in your optimism arsenal. It is not difficult to learn and practice visualization and there are plenty of resources online to show you how to do this. Use the power of visualization to see your best self. It will do your optimism the world of good.

You can also use visualization to help you to achieve your goals. Imagine that you have already achieved your goals and just how good that feels. Experience every possible emotion here. This is a very effective tool to provide you with the inspiration that you need to continue with your optimism and see bright things for your future.

Leave the Past in the Past

The past has gone and you cannot get it back. You probably don't want to get some sections of your past back because the memories are too painful for you. An optimist treats their past as an opportunity to learn from mistakes and move on. If you find yourself dwelling in the past a lot then you need to fix this.

Your past will keep repeating itself only if you let it. Only you can carry your past forward into your future. We have all made mistakes in the past and had to learn painful lessons. You need to learn to let go of your past. A great future will only be possible for you when you have learned to come to terms with your past.

Use your Past to Reminisce

OK we did just tell you to forget about your past and move on. Most people that dwell in the past will focus on the negative aspects of it. What we are suggesting that you do here is to think about a really pleasant memory that you have about your past and write this down.

It can be anything that made you happy. There are usually a number of common events that make us feel nostalgic such as our connections with certain people, something that we achieved against the odds, a special place that we visited and so on. Reminiscing in this way can really lighten your mood and make you feel positive about your future.

Create and Use Positive Affirmations

Nothing will give your optimism a greater boost than the creation and reciting of positive affirmations. Each time you recite your positive affirmations you will create optimistic energy in your body.

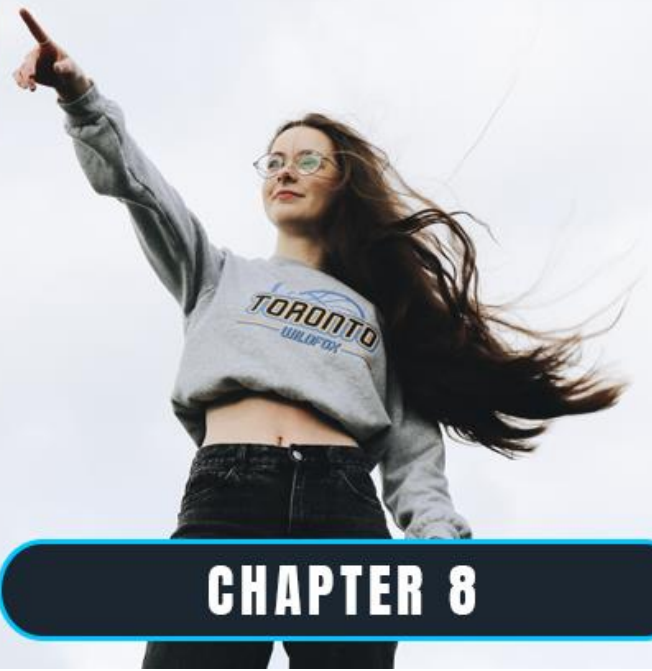
Positive affirmations will get through to your subconscious and will make your optimism even stronger. We recommend that you use your affirmations at the beginning of each new day and also whenever your optimism is in need of a boost.

Listen to Music that boosts your Optimism

We all have certain songs that give us a sense of energy and purpose. These songs are related to great events in our lives and will help to boost your optimism each time that you hear them. So, identify what these songs are and make sure that you have a copy of them on your phone, your computer and so on. When your optimism needs a boost then play those songs!

In the next chapter we will discuss things that you can do every day to strengthen your optimism...

YOUR DAILY OPTIMISM RITUAL



CHAPTER 8

Your daily habits shape who you are. To be an optimist you need empowering daily habits that will transform you. We have created a list of daily habits that we strongly recommend you adopt. Most of these we have already discussed in this guide, so they should not come as a surprise to you.

Implementing new habits in your life is not always easy to do. Some of the things that we recommend for your daily routine are very easy to implement and others are more challenging. You need to be committed to becoming an optimist and believe that these things will work for you – because they will. Be consistent and you will soon be reaping the rewards of optimism.

A lot of other guides on optimism will recommend a very long list of things that you need to do on a daily basis. We do not believe that this is practical as it is too many changes at once. Instead, we recommend a smaller number of daily activities that will provide you with the most benefit. Let's get started...

1. Read your Positive Affirmations

This is something that you need to do at the start of each day. Reading your positive affirmations in the morning will make you feel good about yourself and set you up for an optimistic and successful day. Be sure to read your affirmations at least once in the morning and use them any time that you need them after that.

2. Ready your WHY Statement and Goals

You have invested a lot of time and effort identifying what you want, creating goals and writing an emotionally charged WHY statement. As part of your morning routine, read your WHY statement and your goals to inspire you to take action.

3. Visualize your Success

Another thing that we recommend you add to your morning routine is to visualize your success. Learn how to visualize and practice this for a few minutes each morning. See yourself as having achieved your goals and make the emotions related to this very strong. This will light a fire under you every day.

4. Gentle Exercise

One last thing to add to your morning ritual is some gentle exercise. We are not talking about a 5 mile run here. You can do some gentle stretches and proper breathing exercises here. Go for a walk in the mornings. If you need to get up earlier to exercise then do this. Exercise will get your heart pumping and your circulation moving.

5. Express your Gratitude

Think of three new things that you are grateful for every day and write these down. Focus on each one of these things and feel very thankful that they are in your life right now. It doesn't matter what time of day you express your gratitude as long as you are grateful each day.

6. Neutralize Negative Thoughts

This is something that you need to do all of the time if you want to be an optimist. Make it a daily practice to neutralize any negative thoughts that you experience with positive ones. If you are consistent with this it will be a major factor in your transformation from pessimism to optimism.

7. Smile even if you have to Force it

Your physical body is linked to your mind and if you are in a positive frame of mind then your body will reflect this. It also works the other way around. You can do something with your body to shake yourself out of a negative state of mind. Smiling is one of the easiest and most powerful ways that you can do this. So, smile every day even if you have to force it.

8. Listen to Music that Inspires you

This is another easy daily optimism activity that you can do. We all have songs that make us feel positive and happy. Identify what these are for you and make sure that you can play them any time you need to. Adding your inspiring songs to your phone is probably the best solution. Play the song that inspires you the most early in the day.

9. Complete your Daily tasks

Every day you need to be working on tasks that will bring you closer to achieving your goals. You can determine your tasks for the next day the night before or you can figure these out first thing in the morning. Try to get all of your tasks done for the day but don't beat yourself up if you have to carry some over to the next day.

10. See Problems as Opportunities

You may not do this every day but it was still important to add to the list. Every time that you have a problem to solve, no matter how big or small it is, see it as a chance for you to learn and grow as a person. Optimistic people never let problems faze them and they will never give up either.

In the final chapter we will discuss the optimism best practices that you need to follow...

OPTIMISM BEST PRACTICES

CHAPTER 9

Here are the best practices that we highly recommend you follow to make the transition to optimism. By following these best practices, you will give yourself the maximum chance of becoming a true optimist that sees the positive in everything and believes that they will have a very bright future.

1. Understand what Optimism really is

Everyone has heard of optimism but a lot of people do not know what it really is. It is a state of mind which means that you can change to be an optimist. An optimist is positive about their future and expects good things to happen. They believe in their ability to design the life that they want and achieve their goals.

An optimist will explain the events of their life in a positive way. They see negative events as setbacks and explain the good things that happen to them as the result of their positive outlook and their skills. In contrast, a pessimist will explain their events as being the result of their worthlessness and it is always someone else's fault.

2. Understand the Benefits of Optimism

Optimists tend to be healthier than pessimists and they are likely to live longer as well. An optimist will never give up and they will usually achieve a lot more. When you are an optimist, your mental health will be in a much better state than if you are a pessimist. With optimism you are much less likely to suffer from stress.

People are more attracted to optimists because of their positive outlook so they tend to make better dates. Optimists also tend to have more "luck" than pessimists do. This is not really luck as an optimist will usually work a lot harder to achieve their goals.

3. Understand the Power of your Thoughts

Your thoughts are responsible for who you are and what you have in your life right now. Thoughts drive emotions and behavior and this can be good or bad. You need to practice controlling your thoughts if you want to be an optimist. The regular thoughts that you experience will shape your life. The subconscious mind is very powerful and you can reprogram it.

4. Change your Thoughts for Optimism

You need to have unwavering belief that you can change your thoughts. We all experience self-talk in our heads and this can be either positive or negative. Challenge any negative self-talk and reframe any negative thoughts into positive ones. Be prepared to move out of your comfort zone if you want to be an optimist.

Optimists know what they want and they focus on these things until they get them. An optimist will express gratitude for what they have in their life regularly and avoid focusing on what they don't have. Identify your irrational fears and limiting beliefs and take steps to eradicate these.

5. Stop being Pessimistic

The first step towards optimism is to stop being pessimistic. Understand that people usually use pessimism to hide their insecurities. Identify your irrational fears and tackle these head on. Change your mindset to focus on what is possible rather than what is impossible. Let go of worrying what other people think about you.

Offer to help someone so that this shifts your focus from negativity. Avoid people and things that expose you to negativity as much as possible. Express gratitude daily and be in the moment to calm your mind. Take regular exercise as a healthy body is a healthy mind.

6. Identify what you want and Set Goals

You need to identify what you want in life in order to create a bright future. Once you have decided what you want set goals using the SMART process. Add an emotional driver to your goals and create a strong WHY statement. Create a plan for the achievement of your goals.

7. Boost your Optimism

Use proven ways to boost your optimism. Accept that you are not perfect and start and maintain a written journal. Don't let a single thing hold you back in life. Think about why tomorrow is going to be so good for you. Stop complaining about everything and visualize your best self.

Treat the past as a useful reference and let go of any mistakes you have made. Identify positive events in your past and reminisce about these. Create and use positive affirmations each day and listen to music that makes you feel optimistic.

8. Implement a Daily Optimism Ritual

The right daily habits will strengthen your optimism. Create a new morning ritual where you will read your positive affirmations, read your WHY statement and your goals, visualize your success and participate in gentle exercise. Make a commitment to express 3 things that you are grateful for each day.

Get into the habit of neutralizing all negative thoughts with positive ones. Put a smile on your face even if you have to force it. Listen to music that inspires you and identify and complete your daily tasks. See any problems that arise as opportunities for you to grow.



CONCLUSION

Now that you know what you have to do to transition to optimism it is time for you to take action. Don't just read this guide and then let it gather digital dust on your hard drive. This is your life, so follow the steps and apply what you have learned.

Most people do not become true optimists because they don't know how to do this properly. They try to figure it all out and then give up very quickly. You know how to transition to optimism now and the steps that you need to take.

We hope that you enjoyed reading "The Daily Optimist" and that you found this guide informative and inspiring. Start right now by taking steps to eradicate your pessimism. We wish you every success with your transition to optimism.