

## Optimism: A Learned Skill for Success

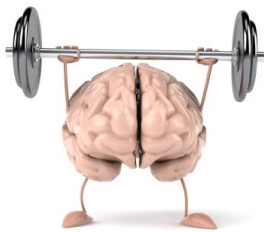
Attitude matters!!! Wow what a concept hey? If you are an optimistic person, generally you will have better physical health, have more success in



school, flourish in relationships, and are more well equipped to handle stress. Optimism is more of a learned trait than a genetic one.



We can train our brain to have a more positive way of thinking. An optimistic state of mind enables a mindful response to stresses and downplaying of thoughts and failures, frustration, and hopelessness. Optimism breeds the expectation of



success which makes it easier to put forth the effort necessary to achieve that success. Just as we train for a sport and strengthen body parts, we can strengthen our brains by practicing positive thinking.