

ACTIVITY: The Language of Optimism

Some people see the world through a filter of optimism: They always make lemonade from the lemons, no matter what happens. Others see the world through a filter of pessimism; they always find the cloud in the silver lining.

It's a truism of life that the optimists are always more successful than the pessimists, but that raises a crucial questions: how can you change your attitude to be more optimistic? The answer? Change the words that you use every day to describe your experience.

Here are some quick language tricks that can change your attitude.

Try This!

Select one of the behaviors below and try it for one week.

1. **Stop using negative phrases** ... such as "I can't," "It's impossible," or "This won't work." Such statements program your mind to look for negative results.
2. **When asked "How are you?"** ... respond with "Terrific!" or "Fabulous!" or "I've never felt better!" rather than a depressing "OK" or "Getting by."
3. **Stop complaining** ... about things over which you have no control—such as the economy, your company, or your customers.
4. **Stop griping** ... about your personal problems and illnesses. What good does it do, other than to depress you and everyone else?
5. **Substitute neutral words** ... for emotionally loaded ones. For example, rather than saying "I'm enraged!" say "I'm a bit annoyed"—or, better yet, "I've got a real challenge."
6. **Expunge profanity and obscenity** ... from your vocabulary. Such words are always signs of a lazy mind that can't think of something really witty to say.

Once you have made a new habit, select another behavior to try for the following week. Reflect on how your attitude changes week to week.

Become More Optimistic: 6 Smart Tricks. Geoffrey James.

<http://www.inc.com/geoffrey-james/become-more-optimistic-6-tricks.html>