

ACTIVITY: Optimism – Writing daily affirmations

Purpose

Part of being more optimistic is learning how to embrace your emotions. This quick, daily activity will get you one step closer to having a more optimistic outlook on life.

ESTIMATED TIME

10 minutes

MATERIALS

Required:

- A. Sticky Notes
- B. Writing Utensil

Background

Is your glass half-empty or half-full? How you answer this question may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health. Every life has its ups and downs, and having an optimistic outlook on life has been found to have a significant positive effect on quality of life, such as one's mental and physical well-being. Optimism is also considered a key component in managing stress. Optimism doesn't mean ignoring the hard or challenging things in life, but it does mean changing how you approach them. If you've always had a pessimistic worldview it can be difficult to re-orient your perspective, but it is possible to highlight the positive in your life with a little patience and mindfulness.

Activity

Write yourself daily positive affirmations. Writing down short statements can help us believe in the potential of an action we want to accomplish. Jot down a few affirmations that remind you of what you're trying to change about the way you see the world. Put them in places where you'll see them every day, such as on your bathroom mirror, the inside of your locker, on your computer, and even taped to your shower wall. Examples of positive affirmations can be:

"Anything is possible."

"My circumstances do not create me, I create my circumstances."

"The only thing I can control is my attitude towards life."

"I always have a choice."

Instruct participants to take 3 minutes to write out their first daily affirmation on a sticky note.

Discussion Questions/ Key Points

- Ask for volunteers to share their affirmation.
- Ask the group what other positive affirmations they can think of.
- Ask participants to discuss where they will post their affirmation (this can be at work or at home).

Follow-up

Follow up in a couple of weeks with your team to ask how their daily affirmations are working. Have they been keeping up with their commitment? What's working well? What challenges are they having? Have they seen a change in their approach to their work by using the daily affirmations?

How to Be Optimistic

<http://www.wikihow.com/Be-Optimistic>