Name:

Section:

SCAN ME

Date:

Score:

Write One Thing You Are Optimistic About

When you are hopeful or confident that something good is going to happen, you are optimistic. In fact, Helen Keller said, “Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence.”

When it comes to creating a vision for one’s life, and having the courage to fail and take risks--optimism is key. Optimism (studies find) can also help your mental health, physical health, and longevity.

Your mission for this activity is to write about one thing you are optimistic about, and explain why. Perhaps you are optimistic about the future of your community, city, state, or country. Or perhaps you are optimistic about your future profession, and who you could become as you study and learn more. Or maybe you are optimistic about the future of medicine, and possible breakthroughs in curing cancer. What you write about is up to you. Just be sure you write about one thing you are optimistic about, and be sure you explain why.