


*“Being optimistic  
is like a muscle  
that gets stronger  
with use.”*

*–Robin Roberts*



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# CULTIVATING OPTIMISM

 20 mins

 1 Day

 Alone

Fold me

Fold me

## THE WHY

What do leniency for the past, appreciation for the present, and opportunity-seeking for the future have in common? They are the key components of optimism. Optimism is associated with enhanced physical and mental health. Luckily, your level of optimism is not fixed- research demonstrates that your level of optimism can be cultivated through simple activities. Specifically, thinking about a best possible self increases optimism.

In this positive activity, you'll cultivate optimism by imagining your best possible self.

## HOW TO DO IT

Your best possible self means imagining yourself in a future in which everything has turned out as good as possible. You have worked hard and you have managed to realize all your life goals.

1. Imagine you're at the end of your life, think about what your best possible self looks like. What professional, personal, and relational goals have you accomplished? Write these down.
2. What have you done to achieve these goals? Write this down.
3. How do you feel knowing you've accomplished these goals? Write down these feelings.

Malouff, J. M., & Schutte, N. S. (2017). Can psychological interventions increase optimism? A meta-analysis. *The Journal of Positive Psychology*, 12, 594-604.. doi: 10.1080/17439760.2016.1221122

Youssef, C. M., & Luthans, F. (2007). Positive organizational behavior in the workplace: The impact of hope, optimism, and resilience. *Journal of Management*, 33, 774-800. doi: 10.1177/0149206307305562

## WRITE IT DOWN

Use the space below to complete the best possible self activity.

*What does your best possible self look like?*

*What have you done to accomplish your goals?*

*How does this make you feel?*