

NUMBER 3:

# CONSCIOUS OPTIMISM

to have  
useful impact



*Conscious optimism is the tendency to see and judge things from their best side, but without hiding their most negative side.*

*Conscious optimism means recognizing that many things need to be improved, but concentrating on what we can have an influence.*

- If we think that the bottle is half full, it means that we recognize that there is also a part of the bottle that is empty.
- Attitude, positive or negative, determines the emotional response to life circumstances. Many studies show that, especially in difficult environments, optimists do better, both in professional matters, as well as in health and other areas.
- At the present time there are those who remain in the criticism of others and in lamentations; they won't earn much. On the other hand, there are those who have started to manufacture masks, gels, solutions for teleworking, services for digitization, etc. and to take steps to improve the organization.
- We must flee away from the catastrophists, who believe that the world is sinking. They cause stress, depression and damage health.
- Nor does it help the tendency of many media outlets to prioritize and exaggerate negative news, while giving less importance to the positive things that happen. It is up to each one of us to decide what to read, listen to or watch; what to think and what to talk about.
- Life is too short to waste the moments when we can enjoy it.

**Link:**

*Optimism  
and Its Impact  
on Mental  
and Physical  
Well-Being*

