



HABIT HANDOUT

I Am an Optimist

Use this handout when you want to help yourself be an optimist.

Write a brief description of the adversity (problem or difficulty).

What do you believe about the problem? What is your self-talk? What can you change about your beliefs?

Remembering that the problem is only temporary, how can you change your feelings about the situation or what actions can you take to make the situation better, even if it is only a little better?

