



How optimistic are you? Do you see the glass as **half full** or **half empty**? A common idiom used to illustrate **optimism** versus pessimism is a glass filled with water to the halfway point: an **optimist** is said to see the glass as half full, while a **pessimist** sees the glass as half empty.

Optimism is an **attitude** reflecting a **belief or hope** that the **outcome** of some specific endeavor, will be **positive, favorable, and desirable**.

Optimism is a **mental attitude** characterized by hope and confidence in **success** and a **positive future**.

Optimists are those who expect **good things** to happen.

Optimistic attitudes are linked to a number of **benefits**, including better coping skills, lower stress levels, better physical health, and higher persistence when pursuing goals.

Pessimists instead predict **unfavorable** outcomes.

Optimists tend to view hardships as **learning experiences** or **temporary setbacks**. Even the most miserable day holds the promise for them that “**tomorrow will probably be better.**” Sometimes isn’t that’s the only way we get through today.

If you **always** see the **brighter** side of things, you may feel that you experience more **positive events** in your life than others, find yourself less stressed, and even enjoy greater health benefits. There are many factors that influence **optimism**, but whether you tend to be more of an optimist or more of a pessimist can often be explained by **how you explain the events of your life**. When something good happens, **optimists** think about what **they** did to make the situation turn out so well. They see their abilities as permanent, stable parts of themselves.

Optimism is a **hopeful**, positive outlook on the **future**, yourself, and the world around you. It is a key part of resilience, the inner strength that helps you get through tough times. By definition, optimism **helps you see, feel, and think positively**.