



## OPTIMISTIC ATTITUDE

AN OPTIMISTIC PERSON THINKS THAT GOOD THINGS CAN HAPPEN.

HAVING A POSITIVE ATTITUDE CAN HELP YOU FEEL BETTER AND REACH YOUR GOALS.

HOW CAN YOU BE MORE OPTIMISTIC?

- APPRECIATE THE GOOD THINGS IN YOUR LIFE NOW.
- SEE PROBLEMS AS OPPORTUNITIES TO LEARN.
- PRACTICE MINDFULNESS TO FEEL CALMER.
- WRITE POSITIVE THOUGHTS AND FEELINGS IN A NOTEBOOK.

REMEMBER: BEING POSITIVE DOES NOT MEAN IGNORING SAD OR NEGATIVE FEELINGS. IT IS IMPORTANT TO TALK ABOUT YOUR FEELINGS AND EXPRESS THEM IN A HEALTHY WAY.

1) MATCH THE WORDS WITH THEIR MEANING.

WORD

MEANING

- |                |                                 |
|----------------|---------------------------------|
| 1. OPTIMISTIC  | CALM AND RELAXED                |
| 2. GOALS       | GOOD THINGS YOU WANT TO ACHIEVE |
| 3. MINDFULNESS | THINKING POSITIVE THINGS        |
| 4. STRESSED    | WORRIED OR NERVOUS              |

WRITE **TRUE** OR **FALSE**.

1. AN OPTIMISTIC PERSON THINKS BAD THINGS WILL ALWAYS HAPPEN. \_\_\_\_\_
2. A POSITIVE ATTITUDE CAN HELP YOUR MENTAL HEALTH. \_\_\_\_\_
3. MINDFULNESS CAN HELP YOU FEEL CALMER. \_\_\_\_\_
4. YOU SHOULD IGNORE ALL YOUR NEGATIVE FEELINGS. \_\_\_\_\_
5. WRITING POSITIVE EMOTIONS CAN HELP YOU FEEL BETTER. \_\_\_\_\_

COMPLETE WITH THE WORDS BELOW

POSITIVE - CALM - GOALS - FEELINGS - LEARN

1. AN OPTIMISTIC PERSON HAS A \_\_\_\_\_ ATTITUDE.
2. MINDFULNESS HELPS PEOPLE FEEL \_\_\_\_\_.
3. CHALLENGES ARE OPPORTUNITIES TO \_\_\_\_\_.
4. PEOPLE CAN ACHIEVE THEIR \_\_\_\_\_.
5. IT IS IMPORTANT TO EXPRESS YOUR \_\_\_\_\_.