

“Who is an Everyday Hero that Brings Out the Optimism in You?”

There are lots of people who inspire me, motivate me, and keep me going, but no one compares to my mom. She shows me every day how important it is to think positively. She raised me by example: she has always been kind to everyone, generous, forgiving, and never stops looking on the bright side. My mom sees what’s possible for everyone she knows, and is always enlightening a negative situation with a positive attitude. Her optimism has definitely rubbed off on me.

Most mornings in our house start with my three-year-old sister throwing a fit because she doesn’t want to get ready. We’re all used to it, but it’s still difficult. Who wants to listen to a screaming toddler when they’ve only been awake for an hour? Despite the tantrum-throwing toddler, my mom still manages to get us out the door and where we need to go. That is particularly impressive given that my stepdad travels for work, so she’s a single mom for 5 days a week. She never gives up. Seeing this at the very beginning of my day pushes me to keep going. I know I’m capable of getting through the day, especially because I know my mom will be there for me at the end of it.

At night there are usually more fits to be thrown by my sister; she just *has* to watch another show; she just *can’t* go to bed. Still, my mom handles it better than I ever could. She finds a solution to the issue, even if that means being very patient and waiting until my sister will work with her. I watch her experience something I can tell is stressful and difficult, but she doesn’t let it get to her. She tells me that she’ll just have to try some new approaches. She teaches me every day not to stop trying and that it’s always possible to find a way.

While she proves to me every day that seeing the world from an optimistic point of view can keep you going and help you out of unpleasant situations, she also doesn't sugar-coat things for me. There are days when we have hour-long talks about school and work, and how we wish they could be. She acknowledges the problems, but ends the conversation by reminding me that it really isn't all that bad. I could be failing my classes or she could be working at a job she hated, but she works somewhere she loves surrounded by people she likes, and I'm doing great at school.

She has the same attitude for more serious situations as well. She is currently helping my great grandmother make the difficult transition to living in a nursing home. She is always pointing out the benefits of her new household, while simultaneously finding solutions to any problems that need to be corrected. My mom always is, and always has been optimistic. I can recall a time when I wasn't in the best mental state; I was feeling tired and unmotivated almost every day for quite a while. I wasn't interacting with people how I normally did and I was feeling down overall. This didn't go unnoticed by my mom. She not only talked to me about how I had been feeling, but told me how she managed not to let that feeling pull her down. I remember her teaching me how to try my best to be more optimistic. She told me not to think so negatively, and then see how I feel after a while. As it turned out, my mom was right. I try my best to look at things from a new perspective and I'm a lot better at it now than I used to be. Whenever something seemingly impossible comes my way, I don't give up anymore; I find a way to push through.

I have lots of friends and family who I know I can look to when I need that extra shove, but I don't know where I would be without my mom. I see her handle things in a way I can only hope to be able to when I'm older. When I'm with her I only see how amazing she is. Even when

she's struggling, she never stops trying. She's equipped me with the power of positive thinking and has helped me get through plenty of things that I couldn't have on my own. Knowing that I've succeeded in the past makes it easier to see the future as something good, not something scary. She's always there for me when I need her, and for that I will always be grateful. She truly brings out the optimism in me.