

“Optimism: How it Connects Us”

We are all connected through the experience of time. Despite the world being split into many demographics of thinking and culture, no one person can say they have not experienced time. This is a simple thought that holds a deep complexity. Humans themselves have never been an eternal creature. Thus, there is often an underlying uncertainty or fear in many people about what awaits us when our time is up. This is when we often hear the saying, “live your life to the fullest” or “never take things for granted”. One of the main ways to accomplish both of these statements is to be optimistic with the time you still have. Being optimistic often is described as feeling hopeful and confident. It brings a feeling of serenity. Optimism connects all of us by helping us to inspire one another, share aspirations, and forming resilience.

Optimism connects us because it allows us to inspire one another. It allows us to believe in ourselves as well as other people through hope and positivity. Just as light contradicts darkness, optimism contradicts pessimism. Too often it becomes easy to fall into the trap of believing that nothing will ever work in your favor. Many people experience a low point during their life where it seems as though the stars have fallen from the sky and nothing but darkness is present. However, finding optimism within yourself and being exposed to it from other people can change your perspective for the best. Optimism strengthens the will and passion of a person which can create an inspiring story. For example, an optimistic person might talk about the relationship between good and bad. If there was only bad, there would be no such thing as good. If something terrible does happen, look at it as a powerful learning experience, not an unforgivable mistake. They may also talk about why we sometimes shouldn't regret things that

happened. They would tell you that everything happens for a reason. Sometimes it's just hard to understand it--sometimes we don't want to. When we are shown the path of hope rather than that of despair, we are inspired by its beauty and awe. It allows us to connect to one another through peace, joy, and happiness. Inspiration allows us to build individually as well as with other people. It should be noted that optimism not only brings us together through inspiration but also by giving us aspirations.

Optimism is one of the main drives when it comes to achieving our goals in life. However, our goals in life do not always have to be a major dream. Sometimes, your aspiration in life can be happiness and a stable financial life. Shared longings such as these are what connect people across the globe. For example, immigrants searching for a brighter future in America, two people looking for love in one another, or even a minimum wage worker at a fast-food restaurant. All of which come with different backstories but share the same goal in life—happiness/stability. Connections such as these can bring even the most unlikely of people towards one another. It can create unforgettable bonds and memories. The hope that being optimistic brings in life is very impactful on a person's future and behavior. When you truly believe the best will come in life, you will work until you become the best version you can be. You will improve yourself and your mentality in order to prepare yourself for that dream life that you've always wanted. The only difference between those who achieve their goals and those who don't are the people who act on their optimism. They not only say, "I have a dream" but they also say, "I'm working towards my dream". With this mindset, you can make it incredibly far in life. Suddenly aspirations turn into a reality.

Lastly, optimism connects us through resilience. Learning to look at obstacles as opportunities and the negatives in life as hidden positives leads to resilience. It helps us to not

only give up on ourselves but also other people. This in turn creates better versions of ourselves and stronger bonds/connections with other people. Our optimism connects us through the strengthening of our humanity and helping us stand for the good in the world. It helps us to rebel against the bad and awful things found in society and inside of ourselves. It helps the good win over the evil.

In closing, optimism connects us through resilience, aspirations, and inspirations. It allows us to find the good in the bad, the opportunity in the obstacle, and the serenity in the chaos.