

# Negative Optimism Worksheet

By Jude Victor

Negative Optimism is a form of optimism where we are realistic about the challenges we might face and using this awareness to our advantage.

1. What is the goal or event you are concerned about?

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2. Why does this event or goal matter to you?

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3. List 5 'What ifs' you are concerned about with this goal:

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4. What is the worst case scenario? (as many details as possible)

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5. On a scale of 1 to 10, how likely is this worst case scenario?

1	2	3	4	5	6	7	8	9	10
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6. What can you do to prevent or reduce the risk of the worst case scenario?

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7. What is the best case scenario? (be as creative as possible).

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8. On a scale of 1 to 10, how likely is the best case scenario?

1	2	3	4	5	6	7	8	9	10
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9. What can you do to increase the chances of the best case scenario?

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10. What is your plan of action to achieve this goal despite the challenges or potential setbacks? List the first 5 steps:

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2. 

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3. 

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4. 

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5. 

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People demonize worrying but really, when we use it within a certain limit - it can really help us to succeed and become the best versions of ourselves.

Do not allow your worry to overtake your mind, use it, thank it, and do what you can.

*Don't let your thoughts control you - control your thoughts!*