The 12 Characteristics of Tough-Minded Optimists

The following twelve strategies have been adapted from the book: *The Power of Optimism* written by Alan Loy McGinnis, 1990, Harper & Row, Publishers, Inc., 10 East 83rd Street, New York, NY 10022

# Optimistic leaders:

1. Are seldom surprised by trouble



* 1. Consider yourself a problem solver
  2. Look for multiple options
  3. Anticipate problems

1. Look for partial solutions
   1. Free yourself from the chains of perfectionism
   2. Look for the good in bad situations
   3. There is power in small successes
2. Believe they have control over their future
   1. Develop non-negotiable core values that guide
   2. Each moment describes who you are and gives you the opportunity to decide if that’s who you want to be
3. Allow for regular renewal
   1. Keep your energy running high by doing the things that feed your soul
   2. Spend time with children or hopeful, positive people
4. Interrupt their negative trains of thought
   1. Journal your emotions to identify your triggers
   2. Question whether your automatic throughs are actually yours
5. Heighten their powers of appreciation
   1. You get what you give
   2. Never underestimate the power of a hand-written thank you note
   3. The best way to teach love is to be love
6. Use their imaginations to rehearse success
   1. Mental visioning can be just as effective as practice – make sure what you vision is success
   2. Fake it until you make it – a self-fulfilling prophecy
7. Are cheerful even when they can’t be happy
   1. While we cannot control what happens, we can control our attitude around it
   2. Develop strategies to reduce stress and improve your positive demeanor: take a walk, meditate, listen to music, etc.
   3. Pain is inevitable, suffering is optional
8. Believe they have an increased capacity for stretching
   1. The brain has an almost inexhaustible capacity- be committed to a path of life-long learning
   2. We are each a product of our own belief system -believe you can and you will
9. Build lots of love into their lives
   1. Love is often found in the simplest of tasks
   2. There are the greatest of rewards in serving those less fortunate than yourself
   3. Optimism is attractive – you get what you put out there
10. Like to swap good news
    1. How you talk affects your state of mind
    2. The power of positive story telling
11. Accept what cannot be changed
    1. All you can do is all you can do, but all you can do is enough
    2. You are exactly where you are meant to be in this time
    3. All experiences are opportunities for growth

