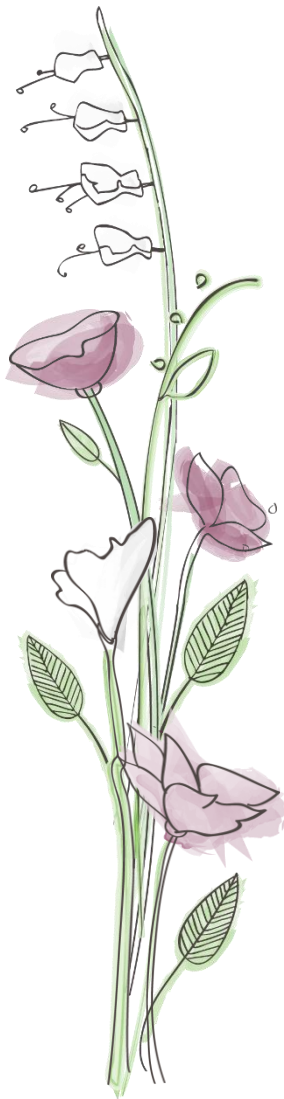


The 12 Characteristics of Tough-Minded Optimists

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

- a. Consider yourself a problem solver
- b. Look for multiple options
- c. Anticipate problems

2. Look for partial solutions

- a. Free yourself from the chains of perfectionism
- b. Look for the good in bad situations
- c. There is power in small successes

3. Believe they have control over their future

- a. Develop non-negotiable core values that guide
- b. Each moment describes who you are and gives you the opportunity to decide if that's who you want to be

4. Allow for regular renewal

- a. Keep your energy running high by doing the things that feed your soul
- b. Spend time with children or hopeful, positive people

5. Interrupt their negative trains of thought

- a. Journal your emotions to identify your triggers
- b. Question whether your automatic thoughts are actually yours

6. Heighten their powers of appreciation

- a. You get what you give
- b. Never underestimate the power of a hand-written thank you note
- c. The best way to teach love is to be love

7. Use their imaginations to rehearse success

- a. Mental visioning can be just as effective as practice – make sure what you vision is success

- b. Fake it until you make it – a self-fulfilling prophecy

8. Are cheerful even when they can't be happy

- a. While we cannot control what happens, we can control our attitude around it
- b. Develop strategies to reduce stress and improve your positive demeanor: take a walk, meditate, listen to music, etc.
- c. Pain is inevitable, suffering is optional

9. Believe they have an increased capacity for stretching

- a. The brain has an almost inexhaustible capacity- be committed to a path of life-long learning
- b. We are each a product of our own belief system -believe you can and you will

10. Build lots of love into their lives

- a. Love is often found in the simplest of tasks
- b. There are the greatest of rewards in serving those less fortunate than yourself
- c. Optimism is attractive – you get what you put out there

11. Like to swap good news

- a. How you talk affects your state of mind
- b. The power of positive story telling

12. Accept what cannot be changed

- a. All you can do is all you can do, but all you can do is enough
- b. You are exactly where you are meant to be in this time
- c. All experiences are opportunities for growth

