

“How Does an Optimistic Mindset Change My Tomorrow?”

Nobody knows what their future will hold or what their tomorrow will look like. By creating an optimistic mindset it could not only change your tomorrow, but has the ability to change your whole future and the way you live life.

I believe that religion is a subject that I can relate really well to optimism. I feel that certain religions inspire optimism within their believers. Some of these religions guarantee certain things if you are faithful such as after life, reincarnation, peace, etc. Although I question religion at times, it doesn't mean that it can't help create an optimistic mindset within others.

Religion for me is a very touchy subject as well as very confusing and conflicting. There are so many religions in the world and so many people with their own religious beliefs. Everyone is entitled to their own opinion and beliefs about religion as well as being respected for whatever they may believe. I want to believe in a religion as I feel it creates optimism within its believers, which helps change their tomorrows. I just don't understand how I am meant to find the right religion for me and how will I know its right for me?

Religion in my family also used to be a touchy subject. My mother and father both have different religious beliefs. It was difficult to grow up with a mother who wanted to go to church every Sunday and a father who didn't. My father would often talk about evolution when I was younger and read books about how we evolved from monkeys. It was confusing as how could we have evolved from monkeys, if my mother stated that God created us. Were either of them right? Who should I believe?

I feel that religion has a lot to do with life and death. So many lives are taken away every day, whether it is because of mental health issues, physical health issues, accidents, etc. Death and after life are usually a big part of many religions as it gives their believers an optimistic

mindset about what their future will look like. When thinking about death, I find it unfathomable that our lives just end and everyone around you will go on living as if you were never there. It also gives me a lot of anxiety, as I don't know what will happen if I die or when I'm going to die. It would be easy for me to just believe that there is a heaven and that's where I will go when I die because I would be so much more optimistic about my tomorrow, but is that true? How do I know if it's true? How can I put so much faith in something if I don't know if it's true or not? I think that religion gives its believers optimism about not only their tomorrows and futures, but also about death and where they will go when they die or what will happen to them.

Although many lives are taken away every day, so many new ones are brought into this world as well. There are so many great possibilities for those tiny humans and so much optimism in their futures. They have a life full of opportunities to experience ahead of them. Who knows what their futures will look like or whether they will be religious or not. I'm optimistic however, that their tomorrows as well as their futures will be full of life and optimism.

How does religion create an optimistic mindset and change my tomorrow? I feel that religion creates optimism within its believers about their destiny and future. I believe people who are religious are more optimistic about their future because they believe in heaven, reincarnation or afterlife. The belief of an afterlife for example, creates optimism that when death is to come, it will not be the end for them. These believers don't live their lives in fear, but just take one day at a time by having an optimistic mindset and changing of their tomorrows for the better.

Optimism creates a sense of hope about what your tomorrow may look like. By having an optimistic mindset it creates confidence in what your tomorrow will look like, which I believe can be influenced by religion.