

“How Does an Optimistic Mindset Change My Tomorrow?”

Sometimes being optimistic is challenging, especially when the situation doesn't seem to have any positive outcomes. However, pessimism will never make anything easier. There are countless circumstances in which having an optimistic attitude will not only reduce the stress you feel, but may also increase the chances of reaching the outcome you desire.

Imagine you were supposed to present an idea to your peers or colleagues tomorrow. You worked hard on your presentation and practiced it plenty of times, yet you feel unprepared and become anxious about the situation. You start to imagine all the ways the next day will go depending on how well you're able to convey the topic you've researched.

If you allow your mind to cloud itself with negative thoughts, you'll set yourself up for failure. Thoughts to avoid are those such as: “I'll mess up my speech,” or “they'll all laugh at me.” Even more hyperbolic are things like: “if I don't present this perfectly my whole life will be ruined.” Continuously thinking through a list of everything that could go wrong will only force you to believe it, and believing that you won't succeed can only magnify feelings of worry. The more anxious you become, the more probable that one of those pessimistic thoughts turns into a reality.

In contrast, if you start to think positively about the possible outcomes, you'll likely feel less stressed about the situation. Less stress will result in a clearer mind and enhance your ability to focus on positive results. The things people need to tell themselves before a presentation varies from person to person. Depending on how anxious a person is, the things they need to tell themselves to reduce stress and be successful can range from a simple, “I've read my speech plenty of times and I know I'm capable of succeeding,” to a slightly less optimistic, but

still positive, “even if I do mess up completely, I’ll find a way to correct my mistake and everything will work itself out.” Believing in yourself and your capabilities can make a huge difference in the outcome of the situation and set the mood for that day.

Another stressful thing for some people is Mondays. Mondays are the beginning of a new week, but are also the ending of a weekend. People often dislike Mondays because of this and they start their week off with negativity, but no should have to begin their week this way.

When Sunday night rolls around, many people begin to stress and become irritated because they know the weekend is over. They complain and think of all the reasons why they dislike Mondays, such as: “I have to go to work tomorrow,” “I can’t sleep in anymore,” and “Tomorrow will suck.” By doing this, they allow all those feelings of negativity to become truth, thus guaranteeing that they will have a bad Monday. After a person has a bad Monday, they will dread Mondays continuously and tell themselves that because the previous Monday was unenjoyable, the next one will be too. The way that person views Mondays will only become worse until they’re able to think positively.

From an optimistic point of view, Mondays aren’t so bad. The weekend may be over, but now a fresh week begins. Using positivity to bring about happiness and a calm attitude toward situations you dislike is advantageous. It allows you to enjoy your day because even unwanted or unexpected circumstances can be resolved with optimism. Instead of telling yourself, “I have to go to work tomorrow,” it would be far more beneficial to remind yourself, “I get to go to work tomorrow.” Rather than, “I can’t sleep in tomorrow,” tell yourself, “I’ll get an early start to my day.” Even thinking something as simple as, “tomorrow will be a great day,” can help to push your tomorrow in the right direction.

Optimism can be a difficult thing to adhere to, but the way you choose to view an event can drastically change the outcome and mood of your day. As one positive tomorrow becomes the next, you'll grow into a more productive, less distracted and brighter person. Whether it's listing reasons to have a good day or just believing in yourself, it's always worth it to try because no amount of negativity can improve your tomorrow the way an optimistic mindset will.