

“How Does an Optimistic Mindset Change My Tomorrow?”

Current events of the world have tested the masses greatly in matters of positivity, perseverance and resiliency. All of which directly tie into the idea of optimism. No one can control the events of the world. We can however, control what lens we choose to view it through. Optimism can be described as experiencing feelings of hopefulness and gratitude, as well as having a strong mental confidence regarding prospects and successful outcomes. This type of mindset is crucially important during times of adversity or struggle. Having an optimistic mindset does not mean you will not face adversity or trauma in your life. However it can assist you during trying times. Having an optimistic mind set has assisted me during challenges in my own life.

It is well known that military children and families face many challenges. It is also well known that they have shown a great capacity for adaption and resiliency. I myself am the daughter of an American soldier and Iraq veteran. We have faced many challenges as a family over the years. I believe optimism helped my family to grow in the face of adversity. It would be easy to focus on struggles; I choose to place my focus on accomplishments despite challenges and continue to set new goals and standards for myself. Bad things happen; how people choose to handle the issues of today will shape much of what tomorrow may bring them. My family does our best to remain positive and hopeful during hard times. I believe the effects of my father's service has left a lasting impact on who I am today as an individual. I was fortunate at a young age to have access to special resiliency training programs that introduced the power of optimism to me. Walking through the many challenges of being in a military family, although difficult, has given me a mental strength and fortitude that I carry with me in all aspects of my life. I

use optimism daily to support my own visions and goals. In my quest to meet those goals I often face drawbacks and hurdles. I refer to challenges I have overcome in my past and it brings hope that my tomorrows have potential for greatness. This mindset has positively impacted my interests in athletics and academics. I strive to reach new heights and continue to improve.

I focus on what is in my control and keep a positive outlook on the future. According to an article written by Shonna Waters, PHD September 1, 2021: “Optimists have a growth mindset and tend to view challenges as opportunities to learn and improve. Pessimists are more likely to give up due to negative beliefs about the ability to achieve goals.”(1) Having an optimistic outlook on life alters my tomorrow by allowing my mind to address whatever today might toss my way.

Optimism inspires motivation and goal-oriented thinking. It has also been shown to have substantial long-term overall physical and mental health benefits. Indeed, a cheerful disposition can help you get through the tough patches that cloud every life, but do people who see the glass half-full also enjoy better health than gloomy types who see it half-empty? According to a series of studies from the U.S. and Europe, the answer is yes. Optimism helps people cope with disease and recover from surgery. Even more impressive is the impact of a positive outlook on overall health and longevity. Harvard Health Publishing, May 1, 2008 states: “Research tells us that an optimistic outlook early in life can predict better health and a lower rate of death during follow-up periods of 15 to 40 years.” The article, “Optimism and Your Health” outlines various long-term overall health benefits to having an optimistic mindset. (2)

Can anyone learn optimism? Good news is that the evidence suggests yes! Learned optimism is a concept that emerged out of the relatively young branch of psychology

known as positive psychology. This learned optimism was introduced by psychologist Martin Seligman, who is considered the founder of the positive psychology movement.

Seligman's work, suggests that it's possible to learn the skills that can help you become a more optimistic person and he states: "To begin with, anyone can learn these skills, no matter how pessimistic they are." (3)

In conclusion: although the world today feels complex, difficult, and uncertain at times, taking an optimistic approach can change my tomorrow by allowing a domino effect of positivity, mental toughness, and long-term health benefits to take hold. I like the idea that we are designers of the life in which we want to live. I plan to continue creating a mind-space filled with hopeful anticipation for the future. Keeping that optimistic mindset helps me to hold hope for a brighter tomorrow, no matter how dark or difficult today may seem.

Works Cited

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2. Author Unknown. "Optimism and Your Health." *Harvard Health*, 1 May 2008, <https://www.health.harvard.edu/heart-health/optimism-and-your-health>.
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