

## Practicing Optimism

Learn to grow from a negative experience.

Optimism helps us maintain a growth mindset. When we think a better future is possible, we don't quit easily.

**Next time things don't go your way, focus on how you can grow from a negative experience by reflecting on three questions:**

- Was the negative event you experienced temporary?
- Was the negative event limited and not enduring?
- Was the negative event a common experience not unique to you?

Realizing that a negative situation is temporary, limited, and common helps you grow from setbacks to create a better future for yourself.

