



## **January's Character Attribute is OPTIMISM**

I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity.

### **WHAT IS OPTIMISM?**

OPTIMISM is being too noble for anger.

OPTIMISM is being too strong for fear.

OPTIMISM is being too large for worry.

OPTIMISM is being too happy to permit the presence of trouble.

### **I WILL:**

- Make all my friends feel good about themselves
- Look at the bright side of things
- Be enthusiastic about the success of others
- Present a cheerful countenance at all times
- Forget the mistakes of the past and be positive about the future
- Not be critical of others but rather look to improve myself
- Strive to be the best I can be

### **LET'S TALK ABOUT OPTIMISM**

- When you see a friend who is not having a good day, say something to cheer them up.
- Tell someone who won an award how proud you are.
- Learn to create positive images in your mind when you face new challenges.
- The past is history, no point in focusing on what happened yesterday but rather look forward to what opportunities today might present.

Optimism means having a positive outlook on things. It means thinking that things are going to turn out well. People who are optimistic usually plan ahead and prepare for the things they are about to do, and sometimes that helps things turn out well.

### **Knock the "t" off the "can't"**

by: Neil Eskelin, [Daily Jump Start](#)

Recently I took a sheet of paper and divided it into two columns: "Yes People," and "No People." Then I thought about individuals I knew and wrote their names in the appropriate column.

What a shock it was to see the length of the "No" list.

These were the people who heard someone say, "You can't do that!" and they believed it. Now they were saying, "It can't be done!" and their negativity was affecting the lives of others.

If your friends made such a list right now, under which heading would they write your name?

Do they see you as enthusiastic, affirmative and optimistic?

Or do they believe you see more problems than solutions?

It's time to knock the "t" off the "can't."

I like the words of author Frank Hughes:

"I will say these about being an optimist; even when things don't turn out well, you are certain they will get better."

You are only a decision away from responding with hope instead of fear, with encouragement instead of criticism, with belief instead of despair. It's your choice!

**Character Community Foundation of York Region**  
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