

## Worksheet to Practice Optimism

Scenario	
“You got a low score on a test. How could you use this to your advantage?”	
A negative approach:	An optimistic approach:
Scenario	
“You didn’t get accepted to your first choice for college. How could that be a good thing?”	
A negative approach:	An optimistic approach:
Scenario	
“You didn’t get the job you wanted. How could that be a positive thing?”	
A negative approach:	An optimistic approach: