

Think through a recent good experience that happened to you as well as a bad experience that happened to you. Answer the questions below to start cultivating an optimistic mindset.

My good experience was....



1. What role did I play making this happen?

2. How can I make this permanent?

3. What can I do to have this spill over into other aspects of my life?

My bad experience was...



1. In what way is this also the responsibility of others or circumstances beyond my control?

2. How can I keep this temporary?

3. What must I do to contain the damage of the long-term effects of this event?