

Optimism vs Pessimism Assessment

There is a great deal of research that suggests that cultivating a more optimistic outlook creates better results across a range of areas including performance and health. If you want to find out more look at the video Learned Optimism or reach for the book Learned Optimism by Martin Seligman.

Complete the short diagnostic and then consider the questions to identify areas to develop a more optimistic out look:

		Never	Seldom	Occasion-ally	Frequently	Always
1	My glass is half full					
2	Those close to me say I have a positive attitude					
3	I believe I have a positive attitude					
4	I wake up on a typical weekday and look forward to what's about to unfold					
5	I wake up on a typical weekend morning and look forward to the day					
6	I have a positive view of the future when it comes to my:					
	Work					
	Career					
	Family					
	Social Life					
7	When something unwanted occurs, I don't let myself get down					
8	When something unwanted occurs, I tend to reframe it in my mind so that I see it as a challenge to be met					
	Give yourself a score for each response: -4 for Never, -2 for Seldom, 0 for Occasionally, +2 for Frequently and +4 for Always. Add up your score. If it is negative, you lean towards pessimism and if its positive you are likely to be optimism in your perspective					

'Making a positive difference to everyone we connect with'

Reflect on the results and write down what this tells you.

What actions might you take to improve your focus on being more optimistic in all aspects of life?

- Engage with those who are optimistic when I am stuck.
- Feel the fear and do it anyway.....
- Do something outside my comfort zone.
- Be open minded to others point of view.

How important is it for you to make these changes?

If you came home after a bad day at work what activity would make you feel better?

Think of someone you consider an optimistic person and think about what you could learn and apply from his/her example.