

Optimism Exercise

You will remember from the training that we told you that optimistic positive people tend to be more self-compassionate. However this is often easy to say and difficult to do, so here is a fun exercise to try and see if you can find your 'inner optimist'?

Tap Into Your Inner Pessimist

Take a seat in the **pessimistic mindset chair**. Now, answer the following questions with regards to the past week, speaking from your inner pessimist. Remember that your inner pessimist has a generally bleak, negative outlook on life.

Over the past week:

- What negative or unpleasant emotions showed up?
- What were some things that annoyed you?
- What difficulties did you face at work?
- What was challenging at home?
- What is one thing that made you disappointed in yourself?



Tap Into Your Inner Optimist

Now, move into the **optimistic mindset chair**. I am going to ask you some more questions, however, this time you will respond from your inner optimist. Compared with a pessimistic mindset, an optimistic mindset views events as positive, emotion-focused, encouraging and hopeful.

Over the past week:

- What pleasant emotions showed up?
- What were some things that made you feel happy, excited, or joyful?
- What good things happened at work?
- What was worked well at home?
- What is one thing that made you proud of yourself?



Evaluate your experience

Now, come back and take a seat in your normal chair. Consider the following:

- How did it feel to be in your pessimistic mindset? What did you notice?
- How did it feel to be in your optimistic mindset?

Reflect on what you learnt from this exercise and how you could use your insights in your daily life?

