



## 6 Ways Your Life Can Change When You Adopt An Optimistic Attitude

Are you an optimist or a pessimist? Is your glass half full or half empty? Honestly, I am just grateful to have a glass.

Optimists tend to look on the bright(er) side of life, while pessimists are often found walking under a dark cloud. Embracing optimism can positively influence everything in your world while living in a state of defeatist pessimism can be exhausting.

Looking on the bright side, here are six reasons why it can be advantageous to bring optimism, light and joy into your life.

### 1. Increased Mental Health

Maintaining a positive outlook (a Pollyanna attitude) can reduce your stress levels, which can help lessen symptoms of anxiety and depression. People who hold optimistic views are typically more resilient, and able to bounce back after experiencing adversity. It's a solution-focused mindset that embraces opportunity instead of dwelling on problems. It can be a powerful buffer against life's challenges.

If you are not familiar with the Pollyanna reference, it is to a 1960 movie from my childhood starring Haley Mills as an orphan who believes life's most difficult challenges can always be conquered by a positive attitude and a pragmatic course of action spreading hope and good cheer.

### 2. Greater Physical Health

Believe it or not, a "glass full" attitude can have a positive impact on your physical health. Optimists have been known to live longer because they enjoy better health. This could be explained by thinking that optimists might engage in healthier behaviors, but regardless, it's been shown to be an immune-boosting, inflammation-reducing, physical well-being-boosting phenomenon!

A 2003 study published in the Proceedings of the National Academy of Sciences found that positive emotions can boost the immune response and a 2012 study in the Journal of Pain suggested that optimism can play a significant role in pain management.

*"Don't worry, be happy!"*

### **3. Improving Resilience**

Don't underestimate the power of resilience – it's the ability to thrive when faced with adversity and to adapt during setbacks. Optimism is a key part of problem-solving and finding creative ways to maintain a sense of control. It is a key to navigating difficult situations effectively, but even more beneficially, it is also empowering, offering individuals an opportunity for growth and learning rather than succumbing to whatever the obstacle presented may be blocking.

When you can maintain a positive outlook and focus on the potential outcome rather than drift down the lane of what if it all falls apart or I can't or I have no control over... you gift yourself a sense of hope that fuels your motivation to overcome challenging times.

### **4. Better Relationships**

How does optimism impact your relationships? As an eternal optimist myself, I can attest to the fact that pessimists are a pain in the caboose to be around 24/7. Debbie Downers bring a defeatist attitude to a relationship while optimists are often more open and approachable, which makes them a lot more fun and enjoyable to be around. We also tend to be more cheerful and supportive, which are great traits to bring to friendship and positivity is contagious.

A positive outlook and the ability to maintain a hopeful perspective can be an inspiring quality that can uplift others, foster a sense of connection, and be a source of encouragement and guidance.

### **5. More Motivation**

A half-full kind of attitude can fuel your motivation and drive your achievement. When you believe that the effort you put in is rewarded with a positive outcome, it is easier to set ambitious goals *and* achieve them. In the face of setbacks, optimists are resilient because they believe they are capable of overcoming the obstacles they encounter through persistence and perseverance, taking a proactive approach to their lives.

### **6. Deeper Life Satisfaction**

Maybe one of the biggest ways optimism can change your life is through an increase in your happiness and a deeper sense of satisfaction with your life. Optimists typically experience a greater sense of well-being because they have more positive emotions when they express that “look on the brighter side of life” attitude.

When you learn to savor every scrap of joy and find meaning in all of your experiences, it is easy to develop an attitude of gratitude.

*“When you live your life in a state of positive hopefulness,  
fostering faith in all your tomorrows,  
you have an opportunity to live with a deeper sense of contentment.”*

### **Practical Tips To Cultivate Optimism and Develop a “Glass Half-Full” Way of Living**

I hope you can see clearly, the ways in which optimism can change and improve your life, but how do you foster an optimist attitude? Here are a few suggestions that might help you see your glass is really half full and not half empty...

- **Gratitude**

Acknowledge the positive aspects of your life and appreciate every one of them, from the biggest amen to the smallest “I’m so glad” moments. A journal is a great way to keep track of these things and develop an optimistic way of being in your world.

- **Challenge Negativity**

Your inner dialogue (that little voice of negativity that seeks to keep you safe and anchored in a “familiar” landscape) can get carried away and before you realize it, your thoughts are deeply negative and self-critical. You have to pay more attention to those thoughts and challenge them constructively. Don’t ever take them for your truth until you investigate where they are coming from and what their purpose is in your life. Chances are you are taking wonderful strides forward in your life of positive living and “that little voice” is feeling neglected and wants to slow down your progress, keeping you in a “same old” pattern of being.

- **Positive Environment**

Surrounding yourself with positive people in supportive places is a great way to develop more optimism in your life. You know, happy is contagious, so make sure that the people in your life echo the eagerness, zeal, and hopeful, positive confidence you're trying to live and be for and in the world.

- **Self-Compassion**

Be kind to yourself and be forgiving when it doesn’t all work out. And as essential as that is, be sure that your goals are realistic and achievable, so you aren’t being harder on yourself when faced with setbacks.

Choose You first when you are planning your days and make sure you put yourself on the top of your to-do list so you are gifting the world with the best of yourself and not an exhausted, half-empty version of you.

*Optimism can bring serious change to your life, improving your physical and mental health, enhancing your resilience, and improving your relationships. By making optimism part of your daily life, you can enjoy your world and build a brighter future. When you shine brighter in our world, the world is a little brighter for the rest of us.*

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