

6 WAYS TO ENHANCE YOUR LIFE

Living With an Optimistic Attitude

with Practical Tips for Cultivating Optimism
& Developing a “Glass Half-Full” Way of Living
PLUS a Pollyanna Journal

Vicki L. Dobbs
www.VickiDobbs.com



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Learn more about Vicki and her work at: www.VickiDobbs.com

Wisdom Evolution
Nurturing Body, Mind, Heart, and Soul



About Vicki

As a Sacred Facilitator of Ancient Wisdom in Shamanic Traditions and Spiritual Life Coach, Vicki L. Dobbs supports women in making deep, conscious personal changes using ancient wisdom techniques blended with modern modalities, through her experiential courses, ceremony, sacred art, and story.

As founder of Wisdom Evolution and head cheerleader for The You First Revolution, Vicki compassionately and expertly guides successful women to find a balance between who they are and what they do so they can live and lead from their authentic truth and experience deeper wisdom, wholeness, and joy.

Vicki is trained in the Harner Method of Shamanic Counseling and the Pachakuti Mesa Tradition of Cross-Cultural Shamanism. She is a Graduate Teacher and Mentor with the Lynn Andrews Center for Sacred Arts and Training and has been the Administrator and Writer's Guide for Writing Spirit, The School.

She is also a Certified Artist of the Spirit, Spiritual and Energetic Life Coach, a Graduate Mentor in the Artist of the Spirit program and a founding member of HeatherAsh Amara's Warrior Goddess Leadership Team and Facilitator of the Warrior Heart Practice.

Vicki is the host of the [Kindred Spirits](#) radio show, and award-winning author of [You First: Practical Wisdom for Nurturing Body, Mind, Heart, and Soul](#) and [Get Off the Shelf: Choose You First, You Have a Right to Be Happy.](#)

Learn more at www.VickiDobbs.com



6 WAYS TO ENHANCE YOUR LIFE

Living With 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. Elevated Spiritual Well-Being:

Embracing optimism (a Pollyanna attitude), can lead to a deeper sense of spiritual connectedness and well-being. It can reduce your stress levels leading to a calmer approach to everyday events and happenings. When you hold an optimistic point of view, you may become more resilient, and able to bounce back after experiencing life challenges by embracing each opportunity instead of dwelling on them as though they are problems. By cultivating an “Pollyanne” view on life, you may experience a deeper connection with your inner self and a greater sense of peace.

If you are not familiar with the Pollyanna reference, it is 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. She was always spreading hope and good cheer.

*“Well, you know, life is full of surprises, and even on the rainiest days,
you can find a rainbow if you look hard enough.”*

2. Holistic Spiritual and Physical Health:

Believe it or not, a “glass full” attitude can have a positive impact on your physical health as well as your spiritual living. 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!

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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.

When you strive to maintain positivity in your life, you are contributing to a holistic well-being that encompasses your spiritual, mental, and physical being'ness.

"Don't worry, be happy!"

3. Spiritual Resilience:

Living with an optimistic point of view aligns with spiritual flexibility. Don't underestimate the power of resilience – it's the ability to thrive when faced with adversity and to adapt during setbacks. It is the ability to navigate the challenges life throws at you with faith and a sense of purpose. It is an empowering opportunity for growth and learning rather than succumbing to the obstacles you encounter and the issues they may be blocking.

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

"When you think you can, you CAN!"

4. Create Spiritual Harmony in Your 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 Pollyannas are often more open and approachable. That makes the optimist a lot more fun and enjoyable to be around.

"Happy" folks also tend to be more cheerful and supportive, which are great traits to bring into any relationship be it at home, or with your friends or just plain out and about with people in your everyday world.

Optimism and the ability to maintain a hopeful perspective can be an inspiring quality that has the potential to uplift others, foster a sense of real connection, and be a source of encouragement, inspiration, and guidance.

“Practice Positivity, it’s contagious.”

5. Spiritual Productivity and Divine Alignment:

A half-full kind of attitude can fuel your motivation and drive your achievements. When you believe, even know, 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 those always popping up challenges and setbacks, Pollyannas are resilient because they believe they can overcome each obstacle they encounter through persistence and perseverance. They face each new challenge as a learning moment and trust that the lesson will be learned as they bypass and demolish the obstacles they encounter.

By taking a proactive approach to your life and the fulfillment of your spiritual destiny, you are on the path to experiencing more productivity, peace, and personal growth and satisfaction.

“Hang in there and joyfully dance with the rhythm of divine alignment!”

6. A Deeper Sense of Satisfaction:

When you maintain an optimistic attitude, it contributes to a higher level of personal satisfaction. Maybe one of the biggest ways positivity can change your life is through an increase in your own happiness and a deeper sense of connection to and satisfaction with your life.

Pollyannas 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. Embracing optimism on a spiritual as well as a personal level can lead to a greater sense of gratitude, contentment, and alignment with your path and purpose.

*“Live your life in a state of positive hopefulness,
fostering faith in all your tomorrows!”*

PRACTICAL TIPS FOR CULTIVATING OPTIMISM AND DEVELOPING A “GLASS HALF- FULL” WAY OF LIVING

I hope you can see clearly now the ways in which optimism can change and improve your life, but how do you foster a “Pollyanna” attitude? Here are a few suggestions that might help you see that your glass is already 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.

“Gratitude is the Attitude that Can Change 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 turning negative and self-critical.

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 a life of positive living and “that little voice” is feeling neglected and wants to slow your progress down, keeping you in a “same old” pattern of being, stuck in a “comfort” zone.

“Get Out and Challenge Your Comfort Zone!”

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. Be sure that the people in your life echo the eagerness, zeal, and hopeful, positive, faith-filled confidence that you are trying to live in the world.

“Ditch the Debbie Downers in your life, you have a right to be happy!”

PRACTICAL TIPS FOR CULTIVATING OPTIMISM AND DEVELOPING A “GLASS HALF-FULL” WAY OF LIVING

SELF-COMPASSION

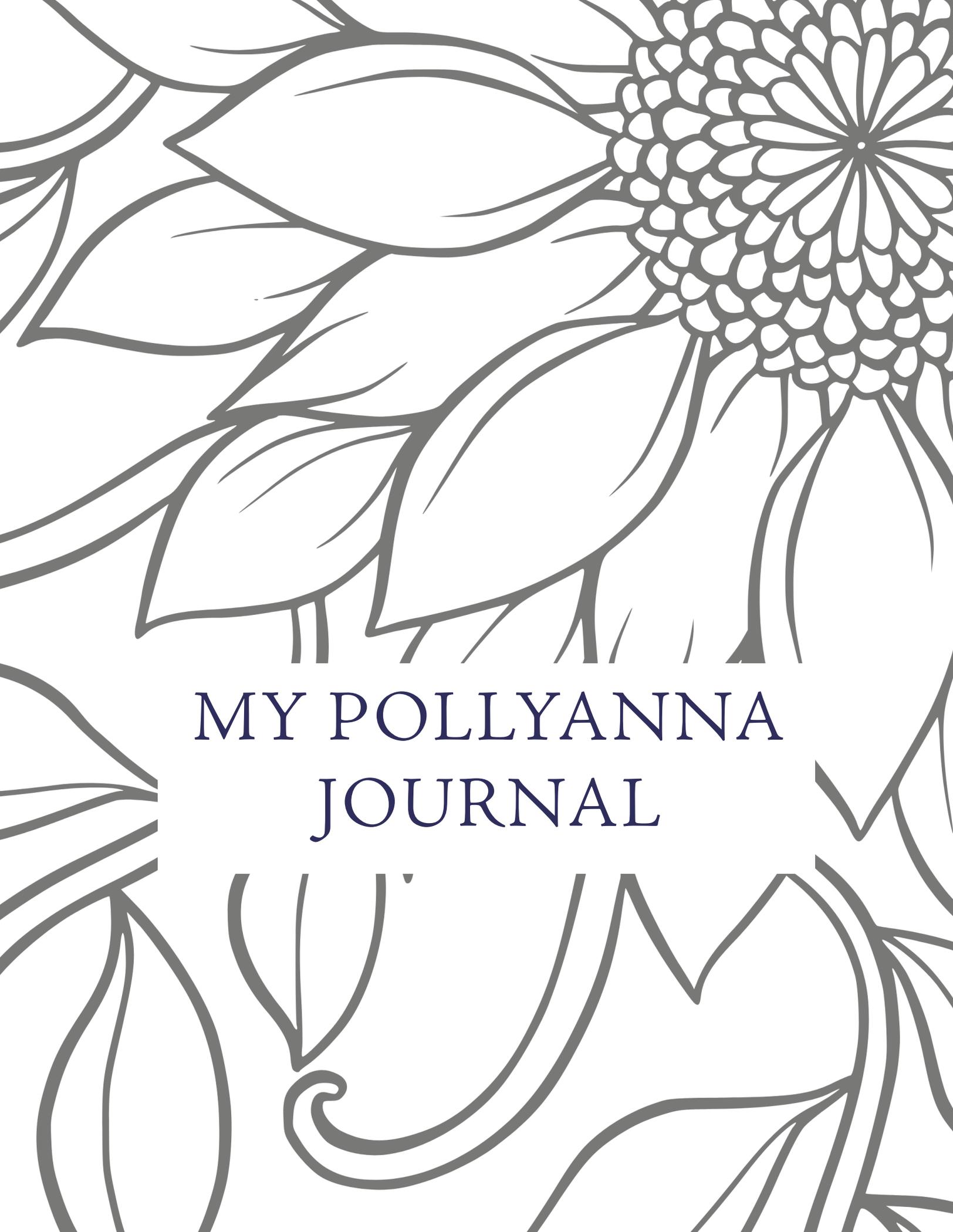
Be kind to yourself and be forgiving when it doesn't all work out (because that is the nature of life and learning). There will always be another mountain to climb. . . and as essential as that is, be sure that your goals are realistic and achievable, so you aren't being harder on yourself when faced with those setbacks when they show up.

Choose You first when you are planning out your days.

Put You on the top of your to-do list.

*Gift 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.



MY POLLYANNA
JOURNAL

Happy by Choice



HAPPY BY CHOICE

What Made You Smile Today...

Yesterday...

HAPPY BY CHOICE

Tomorrow, HAPPY looks like...

HAPPY BY CHOICE

How Will You Gift Optimism to Someone Today?

Create a Positive Tomorrow?

Never Give Up



I am enough.





I hope you have enjoyed this little journey down
Pollyanna Lane...
Reach out if you have questions or would like to schedule
a complimentary "Choose You First" call.

#YouMatter

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Friday Food For Thoughts:
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