

# the power of Optimism

## 1 Live in the Present

Most of our negative thinking takes place when we go back to the past ("I wish I had acted differently", "I was happier then than I am now") or when we fear the future ("I hope this doesn't go wrong", "I'm not sure I'll have enough money"). However, the present is the only time we have. When you focus on living the present you improve the quality of your life.

Whatever happens, there are worse situations. There is always something to be grateful for. Gratitude unlocks beauty, calms and expands the mind. Gratitude gives joy. And has benefits beyond what you can see- physiological, mental, psychological, spiritual, and even social. Be grateful. And blessed.

## 2 Be Grateful

From now until you die, you've got nothing to lose, but a lot to gain. Therefore decide that it is a waste of time to worry or fear anything. Whenever you find yourself in fear, remember that nothing is definite. Any experience can only make you stronger. Decide that this will be your approach to anything that comes along, whatever that is.

## 3 Have Courage

Distractions, pettiness, they can irritate you for the moment. Never lose sight of what you are here for and keep your eyes on your vision and goal. When you steer a ship, you look at a far point, not the waves in front of you. Search from within. Follow your internal compass and stick to it.

## 4 Keep Goals In Sight

Bring joy and hope into the lives of others. After all, dreams for yourself, and self glory end in hollow emptiness at the end. The most meaningful moments are those when lives are touched, legacy left, personal battles won. We exist for each other. Meaningful moments often involve people touching people, touching lives.

## 5 Share the Love

## Reality Check

Tired of communicating with your kids via text message while they are sitting across the room from you? If you are feeling like your family is in need of a break from technology, read on to find fun and cheap family activities that are sans computers!

### Why don't you...? BREAK OUT THE BOARD GAMES!

You'll be surprised at how much fun your family will have. It will also create lasting memories for you kids!

Although a trip to a camping site can be quite expensive, your family can camp out in the backyard for a lot less money – and a backyard camping trip can be just as exciting as camping in the great outdoors. You can make a tent by covering card tables or large corrugated boxes with a bed sheet. Make barbecue for dinner and eat outside under the stars. Toast some marshmallows, use flashlights and tell ghost stories for a more authentic feel. When it's time for bed, grab a sleeping bag and sleep in your homemade tent.

Bring the family together for game night. Not Wii games, old-fashioned board games like Taboo, Charades, Pictionary, Clue, Monopoly and Trivial Pursuit are excellent for the whole family. Video games like those made for Xbox and Wii also offer a unique opportunity for families to compete in sports and other activities from the comfort of their own home. Choose teams, make snacks and meet up in the living room for an inexpensive family gathering.

Treat everyone to a scoop or two of his favorite flavor at a local ice cream parlor. Kids enjoy choosing from all of the flavor choices or creating their own concoction out of a combination of flavors. If you don't live near an old-fashioned ice cream parlor or a modern one, head to the supermarket and buy your favorite brand of ready-made ice cream and some ice cream cones – and you can create your own ice cream parlor experience at home.



Family bonding can be as simple as having a Sunday picnic. Get some exercise while having fun! Studies show that families who have similar interests have stronger bonds. If you don't share a common interest, create one! It can become a new family tradition that can be passed down for many generations to come.