

 **ATTRACT OPTIMISM ACTIVITY**

This is a self-measure of your optimistic or pessimistic attitude.

Circle 1, 2 or 3, and then add up your score.

When something good happens to me, I tell myself that:

- A.
 - 1. This kind of thing always happens.
 - 2. These things happen sometimes.
 - 3. This never happens.

- B.
 - 1. This event happened because of something I have done.
 - 2. This happened because of me, but I was lucky (in the right place at the right time).
 - 3. What happened is really due to someone or something else.

- C.
 - 1. This is a great example of the way things always go for me.
 - 2. This event is great, but it is limited to this one specific situation.
 - 3. This event is a quirk; it will never happen again.

When something bad happens to me, I tell myself that:

- A.
 - 1. Wow, how unusual! This never happens.
 - 2. This may be just a quirk. This normally does not happen.
 - 3. Here we go again. This is typical of what always happens.

- B.
 - 1. It is not me—it is them.
 - 2. Maybe I could have done better, but so should they.
 - 3. I should have done better—it is my fault.

- C.
 - 1. Well, this is only limited to this one situation.
 - 2. This is too bad, and it could easily happen again.
 - 3. This is awful; it will ruin everything.

The lower your score (close to 6), the more optimistic you are. The higher your score (close to 18), the more pessimistic you are. If you scored in the mid-range, you may be optimistic, but passively so. In order to achieve more, be more successful, maintain good health and possible longevity, you may want to work on how you can raise your score and develop a more dynamic optimistic attitude.