



Why Optimists Have More Fun And Earn More

Who doesn't want to be healthy? While we immediately think about physical health it maybe that mental health is more important than physical health. The two are intrinsically linked. You are more apt to be more physically fit if you are mentally healthy. And vice versa.

The true measure of "mental fitness" is how optimistic you are about yourself, your current situation in life, and your future. Optimism allows you to handle life's ups and downs better as well. This is not to say that the optimist does not get down. They do get down, but they tend to learn from the event and take from it the lesson and apply it to the future for their gain.

How you think is what optimism is all about. Dr. Martin Seligman has studied optimism for many years and has identified the key attributes of optimism. It is also been proven true that more successful people are more optimistic than unsuccessful people.

The true professional has to become patently optimistic in their dealings with people who are colleagues, clients, advisors and industry influencers. The main reason? Well, there are two. First, who wants to hang around someone who is negative all the time? And second, you are naturally more creative by being optimistic. You look for the opportunity and make something useful come out of it. It starts with your thinking.

Here you will find how you can take complete control over your thoughts and thinking so that you can feel better about yourself and your situation. I need to point out that this takes time, determination and practice. Without practice, we all tend to fall into old habitual ways of thinking. But it all starts in your mind.

1. Take control over your thoughts. When a negative thought enters your mind, cancel it out by thinking about a more positive thought. The mind can only handle one thought at a time. Replace the negative with a positive. Do this long enough and you create a habit. You will also be surprised at first how many negative thoughts you have running through your mind on a habitual basis.



2. See a setback or a problem as temporary. Seligman in his studies found that optimistic people tended to see setbacks as only temporary. The pessimist saw setbacks as permanent. The optimist sees a bad event, such as a contract that falls through or a client is unhappy about something, as temporary, something that is limited in time and that has no real impact on the future. The pessimist, on the other hand, sees negative events as permanent, as part of life and destiny. And this thinking by the pessimist runs through to other things he or she is doing. The negative event becomes pervasive.
3. Isolate the incident. See the event as something specific, not pervasive like the pessimist. See the problem as only limited in scope - an isolated incident - having no bearing on anything else you have to do.
4. See unfortunate events as external to you. Do not take it personally like the more pessimistic person does. Now this is easier said than to do. We are our businesses and we tend to wear our passion on our sleeve. But the sooner you learn to interpret events as events and not personal attacks on yourself - the sooner you learn how to move around a problem and find a solution. Remember the optimist realizes that an external event is something he or she has no control over and therefore does not try to wrestle with things outside their sphere of influence.
5. Here's an example. If the optimist is cut off in traffic, instead of getting angry or upset, he or she will downgrade the importance of the event by looking at the real impact it has on their life - which is little if anything at all. The second thing the optimist does is that they rationalize it away by saying something like, "Oh, well, I guess that person is just having a bad day." The pessimist on the other hand, has a tendency to take it personally. If pessimist is cut off, the pessimist will react as though the other driver was deliberately cutting them off in an attempt to get ahead of him or her or to try and make them angry. In other words, the pessimist sees it as an attack on them.
6. Remain calm and collected. Say, "This too shall pass." Remember your goals and objectives and stay focused on these things. Keeping a clear mind requires creating a habitual way of thinking.
7. Take the long view. Ask yourself, "What kind of impact will this have over time?" If something happens that gets you angry, stop, walk away, and revisit the event 24 hours later. You will be surprised how different things look after sleeping on it.
8. Refuse to see things as permanent. Try this; recall some major event or something you thought was going to be devastating. In most cases, it probably never turned out to be devastating. And, I will wager, you have difficulty remembering some these so-called "devastating events." Keep a log or a diary of the next few devastating events, and come back to them a week or two later. See how they worked themselves out - in many cases for the positive. This helps put things in perspective and will allow you to recall if you got past this, you will get past other things that life throws at you. In the end, you will become better at learning how to be more optimistic.

