

3 Ways to Turn Pessimism into Optimism

Challenges make us stronger. When things don't go in our way, we can choose to be discouraged or stay determined & persevere through. It takes efforts to see beyond the present and take ownership of the future. We can be creative and flexible to try different strategies and approaches to reach our destinations. Here are 3 ways to help you to see things differently:

Pessimist

Optimist



Nothing is permanent. The present situation is temporary. Winter will go away and Spring will come. Consolidation or planning for the next season can go a long way.



Do others face the same situation? Are there many people or only a few people encountered such issue? If only a few people affected, then it is isolated and specific to them. Explore other places/areas for alternatives.



Can you influence or make changes to the situation? Big or little actions can steer the direction of the course. Try other methods or options for different outcomes. Or seek others who can make a difference.

Raymond Tay

Want more help?

I provide 1-on-1 coaching service using psychotherapy and other techniques.

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