The Habit of Optimism

I locked my keys in the car.  I miss my appointment.  My computer crashed.  My watch stopped.  Seriously?!  What emotions would go through your mind on a morning like this?

Do you believe it is possible to live up to Charles Swindoll's famous quote

“Life is 10% what happens to me and 90% how I react.”?

I had two choices

1) Doom and gloom: Decide the day sucked and act accordingly

2) Optimism: Decide to let go of the urge to feed my inner tantrum and believe in the power of optimistic thinking

Notice the key word in both of these choices?  DECIDE. Yes, YOU have a choice in how you will react.   This will determine the tone for the rest of your day and ultimately your life as a whole.

Consider that dirty pile of Laundry on your floor. If we don't clean up our thinking, the pile magically continues to grow.  So how do we keep our mental pile of laundry picked up?

Practice.

If you were born an eternal optimist then more power to you.  If you are like most other human beings out there, a casual smile isn't the first thing that crosses our lips when disappointment hits.  So when you are about to drop a four letter bomb, take a deep breath and follow these tried and true steps to develop the habit of optimism.

1) Count blessings:  My kids weren't locked in the car, no one got hit by a car, oh wait- I get to own a car, a computer, and a have husband with spare keys.  Is this really that bad?

2) See opportunity:  Spontaneous adventure is a great distractor from the loss of not having your way. I decided to go for a run, play with my kids and clean a cupboard I had been wanting to clean for months.

Bam!  Not so bad after all.  When a door closes, open a window. You can still get some fresh air.

3) Surround yourself with positivity.  Do you have ongoing positive influences in your life?  Friends, family, activities, blogs, etc.  Keeping dirty laundry in a pile is a magnet for more cloths to be thrown on top.

*TO DO:*For one week, keep a small rubber band on your wrist.  When you are tempted give in to doom and gloom, snap the band and take the above steps to optimistic thinking.

Remember, habits seem big at first but get easy with time.  Before you know it, Optimism will be a reflex!

heidi@heidismithcoaching.com