Building Optimism

The optimistic view and pessimistic view are opposite.

Negative Event / Failure:

Adversity, Failure, Mistake

Optimism
Temporary
Isolated
Effort Possible
Pervasive

Optimism Pessimist
Permanent Temporary
Personal Isolated
Pervasive Effort Impossible

Optimism Squares

Optimistic View	Pessimistic View
Optimistic View	Pessimistic View