



WELLBEING WEDNESDAYS

Optimism = hopefulness and confidence about the future or the success of something



Life is far from perfect, but there are lots of reasons for optimism. Setting positive goals for the future gives our lives a sense of direction and purpose. And although we face many challenges there are also lots of reasons to stay hopeful. By intentionally choosing our priorities we can overcome issues, make progress and focus on what really matters.

Remember that things can change for the better

Take time to reflect on what you've learned this week

Think of three things that give you hope for the future

Write down three specific things that have gone well recently

Try these ideas!

Make progress on a task you've been avoiding

Look out for positive news and reasons to be cheerful

Ask yourself, will this matter in a year from now?

Plan a fun or exciting activity to look forward to