

Looking on the Bright Side

Albert Einstein said it well. “There are two ways to live your life: One is as though nothing is a miracle. The other is as if everything is a miracle.”

It makes a difference when you keep your sunny side up and see the glass as half full rather than half empty. You are happier, healthier and more productive. Optimism is contagious, too. It infects and uplifts others.

Yes, life is full of hardship and challenge. Positive thinking won't make problems go away. But a positive attitude can go a long way in assisting you with pain and difficulty.

Life is your teacher. Each circumstance can help you be the best person possible. Learn to see problems as challenges that promote learning and growth. Practice discovering opportunities even in the midst of difficulties.

Within you is the creativity to meet all challenges, the power to make your dreams come true, and the ability to scatter kindness and joy to all.

Looking on the bright side is a skill. The more you practice, the more skillful you become. Work with the following “skill builders.” Then use your creativity to come up

with additional ones designed just for you. Write your new skill builders on the back of this sheet. And put them into action!

◆ Skill Builders ◆

- ◆ *Take a walk in a pleasant outdoor area. Focus on the beauty of nature—the sunshine, trees, flowers, breezes and other miracles of your natural surroundings.*
- ◆ *Make a mental or written list of all the ways you are blessed. Frequently review your list with a thankful heart.*
- ◆ *One at a time, bring to mind several people in your life. Mentally list a number of their strengths, gifts and talents. When you get a chance, tell them what you appreciate most about them.*
- ◆ *Focus on a recent problem you've dealt with. Identify three positive things you learned.*
- ◆ *Bring to mind a future challenge you will likely face. Visualize yourself handling it with poise and creativity.*
- ◆ *Dream up some little ways to brighten another's day. Carry out your plan as soon as possible.*

QuickSkills # 6, by Sam Quick, Human Development & Family Relations Specialist. (1997) FAM-QS.106

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

