

OPTIMISM

I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity.

When I Work with OPTIMISM

I Will...

- Be cheerful and smile.
- Emphasize the positive and eliminate the negative.
- Endeavour to build self-confidence in others.
- Begin each day with a commitment to do the best I can do.
- Look at today, look towards tomorrow, and learn from yesterday.

Practical suggestions...

- Say “good morning” and “goodnight” to my co-workers.
- Endeavour to pay someone a compliment every day.
- Acknowledge awards and other recognitions that my co-workers receive.
- Offer words of encouragement to others.
- Set high but achievable goals for myself.

Quote....

“You are only a decision away from responding with hope instead of fear, with encouragement instead of criticism, with belief instead of despair.”

Character Community Foundation of York Region

www.charactercommunity.com